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MANAGEMENT OF DISEASES

BOTH SEXES OF ALL AGES.

WOUNDS, INJURIES, POISONS, ETC.

BY DR. ELIZABETH EMMA COBB.

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PREFACE.

Let every one know himself and the laws which govern his being—know the body in health and disease, how to preserve his health and how to cure his ailments. This should constitute a part of the common school education of every girl and boy. Bad health incapacitates both body and mind. The commonplace observer must admit this. The clearest minds are found only in the healthiest temples, or bodies; also the highest aspirations and the purest morals. Ill health thwarts every attempt to succeed in any line of business.

Life is a struggle for bread—for existence; if the body and mind are incapacitated to be active in the struggle, the result is disastrous and the struggle is unequal. The human family should not be kept in ignorance of the prevention of disease, nor the cure of disease, that the body and mind may be capable of engaging in the struggle for bread and prosecuting it to success. Knowing how to properly care for the body, much suffering, that is the increasing lot of many, would be prevented and many of the unavoidable ailments would have care which, under the existing circumstances, do not nor can not.

It is not commendable to any nation that she have unduly large numbers of *living-dead*—maimed, decrepit—among its people, and large and many institutions filled with disabled and

incapacitated. Instead of its being commendable it bespeaks a gross badness in the habits, and gross ignorance of its people—not wholly confined to the lay people, but embodies the guardian of its health, the doctor, and is prophetic of a volcanic eruption in the economy of that nation or community.

No one can know too much of the proper care of the body, and the prevention of and cure of its ailments. Every person of ordinary intelligence can learn very much of this knowledge, which is just as essential to the well being of every individual as a supply of wholesome food, pure drinking water, comfortable clothing and a comfortable place of abode. To obtain this knowledge is not only the personal right of every individual, but a personal duty. Every one has more time to devote to learning how to care for his or her health, and caring for it to prevent disease, than to lose in long spells of sickness and suffering, which is only a small portion of the loss entailed.

THE AUTHOR.



ADDRESS.

One of the first essentials in the outsetting of life, and just as essential as the oven for baking bread, is a reliable guide-book for aiding in caring for the health of the family. To presume that a physician can be consulted for every ailment arising from various and many causes, is presuming an impossibility. Aside from physicians not being able to respond to so many calls as would be made upon them, there is scarcely one family in five hundred which could supply finance to pay for such service, not even if they should use every cent that their business ability and lot in life command, for that purpose. Hence it is absolutely necessary that the heads of families know of remedies and means, and how to use them, for preserving health and relieving suffering.

As the care of the human family devolves upon the mother from the nature of her relation to it, it is the mother, especially, who needs this knowledge. And I may say that not only mothers, but every woman should know more of the subjects pertaining to the human body and health.

To the mothers especially I address these pages, and embodying the subject matter in plain language, easily understood, I trust that the facts, remedies and instructions contained herein may be the ready help to many mothers of homes. It is not only woman's privilege but her duty to know everything about herself in any situation in which she may be placed, and to be able to take care of her health intelligently. Not only is it her essential duty to have this knowledge of herself, but of her husband, her son and daughter, also.

Every man and woman, from the child beginning to talk to the limit of life we live, should know all possible of the care of health. That the child from three years old, or less, can learn something in the caring for its own health, is evidenced by its learning to conform its natural habits to the day, instead of any time in the twenty-four hours, as is its condition in its first months of life.

INTRODUCTORY REMARKS.

I trust that the instructions herein contained will not lead any one into injudicious medication, but that they will be the means of preventing much sickness and alleviating much suffering, preventing large doctor's bills and also of saving many valuable lives that might otherwise meet an untimely end. Sickness is a many-headed monster—many channels through which it robs the individual or family. It incapacitates the individual physically and weakens mentally for the active duties of life, and consuming time deprives of beginning many valuable undertakings with any degree of hope to realize much degree of completion; also it consumes both time and strength of necessary attendants, and consumes the substance of the home economy.

If we are deprived of our worldly substances we may replace them if we have a healthy body and healthy mind, but deprivation of bodily health and mental health is an irreparable loss. It is strongly promulgated by self-interested persons that the lay-people can not understand anything of the nature and needs of sickness, and hence can do nothing for themselves to prevent sickness or to cure it; but this is absurd in the extreme, as it is a well known fact that those people who have had access to obtain even meager knowledge of these subjects seldom call a physician, and that the greatest number of those who do call a physician (except for accident) belongs to one or the other of two classes, namely: those who by environment are deprived

of the comforts so necessary to health, of knowledge of how to care for themselves (or both), and that class of people who have given themselves over to vile habits and have thereby destroyed both bodily and mental capabilities for anything valuable or intelligent. Show me the woman of ordinary, common sense, who is provided with a reliable domestic medical work, who can not be able to attend to all ordinary ailments in her family, and I will show you a natural curiosity.

I have not confined myself to the *materia medicas* only, which are claimed by the profession as being curative, but have included remedies which have proven successful in other hands.

There are thousands of remedies manufactured, but *very* far less than one hundred will cure all curable diseases. The multiplicity of remedies and the multiplicity of religiousisms keep quite parallel with each other, and there is a *modus operandi* associated with each very similar. The spirit of "this way," "this way," "right here is the place to get the worth of your money back," imbues both channels about equally. Idiocies are held onto with as much vim in the one channel as the other, and by both equally destructive, to the physical well-being by the one and the moral well-being by the other. Many ministers preach christianity to consist of an incomprehensible something that even people of common sense should not expect to understand, thus teaching their hearers that they should conform their ways to and worship a God whom they can not understand; and many physicians promulgate the idea that there is a kind of specific mysticism in the cure of disease that can only be comprehended by *themselves*. So thoroughly have people been educated to these doctrines that many of them swallow monstrous incongruous potions without stopping to dissect the stuff, and the monstrosity of society is the result. Half of the human family can not be held in ignorance and the

best interests of the whole human family be conserved, neither can one class of people be held in helpless dependence, and the other class dominant, without proving equally destructive to both.

Two things can not be syndicated without universal destruction following, viz.: Christian knowledge and knowledge of the care of our health and the cure of disease. *True Christian enlightenment is the only means of safety to the morals of the human family; and a knowledge of the prevention of and cure of disease is essential to every individual as a security to vigorous physical development and perpetuity of health, by which only is assurance of active ability to provide for temporal needs and promote longevity. On these two depend the successful happiness, welfare and comfort of life.*

THE AUTHOR.

LIFE AND DEATH.

In order to be intelligently able to properly care for the human body both in health and sickness, and also, as a means of moral and intelligent improvement, it is necessary first, to know something of its structure, its functions, and its needs. While searching for this knowledge our path will be surrounded with much of joyous, bustling, brimming life, yet we cannot go on our journey without death, also, keeping a close companion, and we will even be compelled to look into his charnel-house, and view his ghastly scenes.

The human body, being composed of perishable matter, is subject to change, wear-out, decay—death. It is as a machine, which, while all of its parts and functions are working in harmony, it runs smoothly, and we say of ourselves—we are well—in good health. Because of matter being perishable, subject to change and wear-out, inevitably discord will occur, and a sluggish, feeble, and jarring running of the machine, a complete stopping, or, what we call disease, and, death, are manifested. You can not think one thought, can not make one motion of a limb, but wear-out is resultant; even while resting in the quiet arms of old Morpheus—natural sleep, the simple running of the machinery of the body is wearing, wearing, wearing as the constant dripping of the water wears away the stone. Nor is this all; there is always a retrograde tendency going on in the body, there is also a renewing, or building up tendency. Both are necessary to the continuance of our being.

A deficiency of either in any, or all the parts, or a preponderance of one over the other, produces a deficiency of life—disease.

“We live and die daily,” and, “we live to die,” and “die to live,” are very applicable to the human body. Life and death are continually associated together in our body, from the first life germ of our being, throughout the entire growth, development and functional activity. If one stops work, the other is forced to stop, and complete death ensues. Life and death are the contending masters in the material of our being.

As death is never idle, but goes on with the destruction of tissue day and night, life must constantly be at duty-post, for while death is destroying, life must not only repair and renew, but she must dispose of the wreckage of her companion worker—death. She must gather up the worn out and decaying material from about the working machinery, into proper places, and, at suitable times, send her servant, excretion, to carry it away. Just as promptly as life renews, death destroys, and just as promptly excretion must do her work of removal.

Decay goes on with unstayed hand during the entire life of our corporal being, and it only ceases after death when the organic particles are reverted into eternally changeless elements, its mother earth.

The length of time necessary to complete the vital decomposition of the body, and the decomposition after death, is so nearly the same that the difference is scarcely perceptible. In either case it is estimated to be about three months and a half. When death tolls the sign of parting life—in the form of serious “sickness”—three months and a half seems a short time to round up one’s life’s work. But after the signal is perceived, it is more frequently that the time is much shorter.

THE HUMAN BODY

ITS PARTS AND STRUCTURE.

Every part of the human body is adapted for special purposes and uses. The bones give support and firmness to the fabric; keep the softer parts in their proper places; give fixed points for the proper directions of its motions, and also protect some of the more tender organs from external injury. The ligaments bind the limbs together; the limbs, muscles, and tendons, serve as instruments of motion; the heart, arteries, veins and capillaries carry the blood to and from every part of the body; the nerves are a medium of communication throughout the entire structure, and for the purposes of sensation; the eye is adapted for seeing; the ear for hearing; the nose for smelling; the mouth for tasting; the skin for touch. Every organ or part of the body being adapted for, and subservient to a special purpose.

Bone, cartilage, fibrous tissue, muscular tissue, nerve tissue, and adipose tissue or fat, form the complex structures of the human body, and are adapted to the various functions of life. But these materials possess but limited vitality, and die and wear out; hence, they must be renewed in order to continue existence.

Our best observers conclude that the human body is renewed about every four months. It is certainly very conclusive, that the stomach has no small task, in catering to the

demands of these six workmen, who rebuild this structure about three times a year.

The number of bones in the frame-work of the body is 246, which, as to form, are divided into long, flat and irregular. When placed in their natural order they form the skeleton. For convenience, anatomists divide them into four parts: The bones of the head; the bones of the trunk; the bones of the upper extremities, and the bones of the lower extremities. There is a disagreement in regard to the number of bones in the body. This no doubt results from the uniting of some of the bones, as in the sternum and innominati after infancy. The long bones are found in the upper and lower limbs; the flat bones are found inclosing cavities; and the irregular bones are found where great strength is required with but little motion.

THE SKULL.

The skull is composed of eight bones, which are of peculiar construction, being formed of two plates, or tablets of bony matter, united by a porous portion of bone; the external tablet being fibrous and tough; the internal plate being dense and hard, and is called the vitreous, or glassy table. Besides being adapted to resist the penetration of sharp instruments, the different degrees of density possessed by the two tablets, and the intervening spongy bone, serve to diminish the vibrations which would occur in blows or falls, thus lessening the susceptibility to injury. The ragged edges, or sutures, by which the bones of the skull or cranium are united, also serve to intercept, in a measure, the vibrations produced by an external blow or fall, besides preventing a fracture from extending so far as it would otherwise do in one combined bone. These sutures are imperfect from infancy up to about the

twelfth year; from that time on to 35 or 40, they are distinctly marked, but in old age they are nearly obliterated.

Three very small bones which aid in hearing, are in each ear. Forming the walls of the orbits, nose, and mouth, are fourteen bones belonging to the face; in addition, there are 32 teeth.

The *occipital* bone constitutes the back part of the head and base of the skull.

The *parietal* bones are the sides of the cranium.

The *frontal* bone makes up the forehead.

The *temporal* bone is the lower part of the side of the skull; it contains the structure comprising the internal ear.

The *nasal* bones form the bridge of the nose.

The two *superior maxillary* bones make up the upper jaw bone, which is hollowed out so as to constitute a cavity.

The *malar* bone forms the prominence of the cheek.

The *nostrils* contain the tubernated bones.

The *vomer* makes up part of the partition between the nostrils.

The *lower* jaw is in shape, somewhat of a semi-circle, its ends terminating in the upright pieces which lie in contact with the lower surface of the temporal bone, making the joint of the jaw.

The *hyoid* bone, forming half an arch with its ends upward, support the air tube.

THE TRUNK.

The trunk consists of 51 bones; 26 of which form a column, called the back-bone, which supports the head and upper extremities, and 25 form a bony cavity to contain the lungs and heart.

The 24 superior bones of the spinal column are called the true vertebræ, and the last two, false vertabræ. Each of these

is a ring of bone enclosing a central canal which contains the spinal cord; they are also provided with bony projections which serve for the attachments of ligaments and muscles.

The vertebra just below the skull—the first one, is called the atlas, and is so arranged as to permit a forward and backward movement of the skull which rests upon it. By the rotation of this vertebra, around a pivot which projects from the second vertebra, the motion from side to side is accomplished.

The cartilaginous (or gristly part, commonly called) cushion situated between the vertabræ, serves as a means of attachment to each other, also prevents the numerous jars to the body, especially the brain, which would otherwise prove very injurious and annoying.

Three divisions are made, for convenience, of the true vertabræ, according to their situation; 7 cervical in the neck; 12 dorsal, that give attachments to the ribs; and 5 lumbar, in the loins.

Twelve bones called ribs, arising from each side of the dorsal vertabræ, passing down and forward, are attached by cartilage to one bone in front, the sternum, or breast-bone, which is composed of three pieces which terminate in a projection of cartilage, and is situated just above the pit of the stomach. These bones together with the spinal column form a cavity called the chest.

THE UPPER EXTREMITIES.

In the upper extremities are found 32 bones each—a shoulder, 2 bones; arm, 1; forearm, 2; wrist, 8, and hand, 19.

THE LOWER EXTREMITIES.

Thirty-two bones are situated in each of the lower extremities, consisting of the hip, 1 bone; thigh, 1; leg, 3; and ankle

and foot, 26. There are in addition to these, in the body, 8 small bones, called *sesamoid*. The projection called the hip is the upper part of the bony ring of the pelvis, which bony basin contains some of the important organs of the body. On either side of this basin is a deep socket which receives the head of the thigh bone; the part which fits into the socket of the pelvis is connected with the shaft of the bone at an obtuse angle. The thigh bone is the longest and the strongest bone in the entire skeleton.

OBSERVATION.

The bones are composed of both earthy (mineral) and animal matter. Solidity and strength are given them by the earthy matter, and vitality by the animal part. The gelatine or animal matter may be dispelled from a bone by burning it in a clear fire about fifteen minutes, when it is left white and brittle. Also, the earthy matter may be dispelled by immersing the bone in *muriatic acid* one part, to water six parts, and letting it remain for a few days. When the earthy matter (carbonate and phosphate of lime) is removed, the form of the bone is unchanged, but the bone may be bent in any direction.

In very early life the bones are cartilaginous, soft, but increase in bulk and become less vascular till about middle life, up to which period bones broken may readily unite, renew, but vitality then begins to diminish. Uniting or renewal is slower and slower as age advances, until in extreme age it may be expected that a broken bone will not unite or~~r~~enew, there having been cases of this kind met which verify the fact.

The bones are subject to growth and decay, to removal of old, useless matter and the deposit of new particles, as in the other tissues.

Except the crowns of the teeth, which are protected by enamel, and where the bones are tipped with cartilage, they are

invested with a fibrous membrane called *periosteum*, which, besides being a nutrient medium to the bones, also gives insertion to the connecting ligaments and tendons of the joints. It is supplied with minute nerves and when healthy its sensibility is but slight, the cutting of a bone giving rise to but little pain.

ARTICULATIONS.—JOINTS.

There are various kinds of joints, some permitting of an extensive range of movement, others permitting of none. Of the movable joints the ball and socket joints permit of the greatest range of motion, there being two of these instances in the body—the shoulder and hip. From the great extent of motion of the carpo-metacarpal articulation of the thumb, and the ligament connecting the bones, *it* is almost entitled to the distinction of the ball-and-socket joint.

Next to the ball-and-socket joints in prominence of the movable joints are the hinge joints, permitting of movements in two directions, backward and forward; these are found in the elbow, wrist, metacarpal and phalangeal joints in the upper extremities, and the knee, ankle, metatarsal and phalangeal joints of the lower extremities. The lower jaw bone may be named in this class also.

In the vertebral column the pelvis, the carpus and the tarsus, where repose and solidity is the great object, passing in every direction in which these bands can be arranged without inconvenience to the general plan, small strips of ligament are found.

The immovable joints come directly together, and in some cases are adherent, as in the bones of the skull. The extremities of bones that concur in forming a joint correspond by having their respective configurations reciprocal. If one is convex the other is concave.

A delicate smooth membrane called synovial membrane, extends from one bone to the other completely surrounding the ends of both, secretes the synovia, or joint-water, for lubricating the opposing surfaces.

CARTILAGE.

Cartilage forms the connecting medium between the bones,—in very early life the bones are represented by cartilage; it forms the frame-work of an organ, as in the larynx; it is found where it is necessary that a part retain its form, also where considerable strength is required, and being elastic acts as so many springs in the body, aiding much in ease of motion.

FIBROUS TISSUE.

As a connecting medium, uniting all the parts of the body together, forming the investment or attachment of muscle-tendons, forming the basket, as it were, into which other parts are placed, or threads, with which they are bound together, is found a dense, white, and tenacious material called fibrous tissue. One variety named *yellow fibrous tissue*, is found in the skin, in the blood vessels, and forms some ligaments.

MUSCULAR TISSUE.—MUSCLE.

The muscles are divided into two classes, *voluntary and involuntary*. The voluntary muscles, or the muscles of animal life, are under the control of the will, contracting quickly. They form the large reddish masses surrounding and situate on the bones, and in most cases are attached to two or more different bones, which by the contracting or shortening of the muscles, are brought nearer together. The involuntary muscles, or the muscles of organic life, “are white, and compose some of the viscera, one of the coats throughout the alimentary canal being formed of it, also of the bladder, womb, and blood vessels;

they are not stimulated to activity by the will, but by other nervous influences, and do not respond as quickly."

If a muscle, or the lean of meat be examined under the magnifying glass, it will be found to be made of fibres, which pass like threads from end to end, and form bundles of still smaller fibres—extremely small fibres. It is a compound of muscular tissue and fibrous tissue, which give an investing sheath to each fibre, to each bundle of fibre, and to the entire muscle. The muscles are distributed through the body as a means to facilitate motion. Towards the extremities of the muscles the fibres cease, and the cellular frame-work is condensed into a round cord, called tendon, by which it is attached to the bone.

The more fixed extremities of a muscle are called its "origin;" its more movable end, "the insertion." Muscles which enclose cavities, as the abdominal, are broad and extensive; their tendon is flattened out into a thin, expansion, which is called "oponeurosis," and which means a nerve widely spread. The intricate and varied movements of the human hand, are the most wonderful of the voluntary muscular movements.

NERVE TISSUE.

This tissue consists of more than one element, like muscular tissue; gray and white matter being its two marked varieties. The gray consists of cells and granules, and the white is formed of fibres.

ADIPOSE TISSUE.—FAT.

Distributed through the different regions of the body, for the purpose of covering and protecting the softer and more delicate organs, also as a supplier and preserver of heat, adipose tissue—fat, is found.

Different persons accumulate different quantities, some having all the inequalities filled in with it.

The great loss of substance incident in disease, where there is impairment of appetite and digestion, is resultant from the continued draw on these store-houses of fuel.

OBSERVATIONS.

In varying proportions, the above named tissues are united to form the complex structure or organ of the human body, the ultimate elements of which, are found to be composed of "oxygen, hydrogen, carbon, and nitrogen—four gases—with the addition of lime, potash, phosphorus, sulphur, etc., in variable amounts."

Fashioned from the above materials, every piece and part after its own pattern, every part for its special place and function, the wonderful structure of the human body is built and its machinery set and kept in motion. And so quietly and noiselessly is this unrivaled machine run and repaired, as to scarcely attract attention on our part.

THE DEVELOPMENT OF THE BODY,

"With man as with plants, there must first be a seed or germ. This is furnished by the female parent, and is called the human egg. It is very minute, but perfect in all its parts, and and resembles very closely the eggs of oviparous animals. For the development of this, it is necessary that a principle of vitality be imparted to it by the male parent, which is also the case with many plants. In the egg thus vitalized a process of growth commences, its elements begin to form into a membrane, and this again separates into different parts, for the production of bone, nervous system, heart, arteries and veins, alimentary canal, skin, etc. The egg contains all the elements of growth within itself, and in the human being, when these are exhausted, it has formed an attachment to the mother, and derives further supply of nutritious material from her blood.

We may take the egg of the common fowl as an example of this process. If vivified by the male bird, and placed in a situation where it will receive a continuous supply of heat, we will find in a short time its character is entirely changed, a germinal membrane is formed, an intestinal canal, lungs, bones, nervous system, and lastly, skin, feathers, etc., so that in the course of 21 days, a chick, in all its parts has been developed from the contents of the egg.

In the human egg the process of development goes on in the material contained within it up to about the fifth week, when the heart and vessels having been developed, it forms an attachment to the mother, and henceforth receives a supply of material from her blood. It contains all the elements of the material of the body, as to be readily appropriated by the child which, when born, is complete in all its parts."

PROF. JOHN M. SCUDDER, M. D.

STRUCTURE OF THE BODY.

There is a union of fluids and solids in the structure of the body. One is readily changed into the other, and is essentially the same. There is no fluid that does not contain solid in solution, and no solid matter that is destitute of fluid. The proportion of fluids vary in different individuals, and at different periods in life; in youth being more than in advanced life. The materials from which every part of the body is formed is contained in the fluids, and they are the medium for conveying waste, and decayed matter from the system. Various names are given them, according to their nature and function, as the blood, bile, etc.

The particles of matter in solids, are variously arranged, sometimes in fibres (threads), sometimes in lamina (plates), and sometimes homogeneously.

Fibre, fasciculi, tissues, apparatuses, and systems make up the parts of the body. A fibre is a thread-like shape of tissue, and is either cylindrical or flattened. Several fibres united, form what is called a faciculus, the general characteristic of which is the same as fibres.

A tissue is a term applied to several different solids of the body; as muscular tissue, membranous tissue, etc. An organ is composed of tissues so arranged as to form an instrument designed for action: as the stomach is an organ of digestion.

An apparatus is an assemblage of organs designed to produce certain results; as the heart, veins, arteries, and capillaries form the apparatus of circulation.

An assemblage of organs or parts, arranged according to some plan or method, so that by their united work they accomplish a result, forms what is termed a system. The muscular system includes all the muscles of the body; the nervous system, all the nerves of the body, and so with all the other systems.

Every living body called into being, begins life with a certain amount of vitality, or power to live, sufficient to continue life a certain length of time, provided sufficient destructive force is not met to prevent it.

A partial destruction may interrupt it, but a complete destruction certainly ends life. When this vitality, or power to live has exhausted its limit, or as we may say, consumed itself, life can not be further prolonged—help may be obtained over partial obstructions, but complete obstruction or the using up of the vitality, or power to live, certainly concludes the chapter of life. Recovery from sickness is undoubtedly due to this vitality or power to live. Many instances are met that lead to this conclusion. Cases that from every general appearance, would indicate termination in death, would eventually recover, while others with no alarming symptoms, closed life's

chapter in spite of all that could be done. Children present very marked cases of this.

All persons do not possess this vitality in equal degree; some have sufficient to continue life the three score years and ten, and a few, longer; others, but a few years feebly lingering, while there are still others that possess only sufficient to last but a few months, weeks or days.

Each body has its own peculiar diathesis, or morbid peculiarity of constitution—a predisposition to a peculiar type of disease—the ailments of some are of a scrofulous type, others rheumatic aches and pains, etc.

DIGESTIVE APPARATUS.

All the elements of the tissues of the body are contained in our food, but in such form that it cannot be appropriated till it has passed through a process we call digestion. For this purpose the digestive apparatus is admirably adapted, and which by the functions of its organs, changes the food from a solid, or semi-solid, to a fluid, that it may be conveyed to every part of the body to be appropriated by the several parts.

The organs constituting this apparatus are, the mouth, the stomach, the intestines, the liver, pancreas and spleen.

THE MOUTH.

The mouth and the teeth are the first organs of this apparatus, the functions of which, aided by the secretion from the glandular organs associated with the mouth, are to prepare the food for the next step in the process of digestion in the stomach. This preparation consists in triturating the food with the saliva, secreted by the salivary glands within the mouth, by the process of chewing. The saliva consists chiefly of water, holding in solution a small quantity of alkaline

matter, and a peculiar principle termed *ptyaline*, which is said to change the starch of the food into sugar.

THE STOMACH.

The stomach is a large membraneous, hollow sac, situated immediately below the septum dividing the chest from the abdomen. It extends across the body toward the right side, its largest portion being in the left. It is composed of three layers, a serous, muscular, and mucous; minute glands which secrete the gastric fluid, are contained in the last named. During the stay of the food in the stomach its strong muscular coat keeps the mass of food in constant motion, thus triturating it with, or exposing it to, the action of the gastric juice, changing it into a milky-like fluid called chyme, in which state it passes into the small intestines.

It is said that the fluids taken during a meal, are first removed by the veins before digestion commences, and that the gastric juice does not secrete till the veins have performed this function, hence the partaking of fluids during meals retards digestion.

There is some disagreement in regard to this being the true condition, and certainly there is at least some evidence to the contrary, as there are very few persons but could mention individuals of their own knowledge who partake of coffee, tea, or milk, every meal they eat, and are living on past the three score and ten years in reasonably good health, which they could not do if continual disturbance resulted. So little opportunity has been presented for practical investigation—seeing these results or processes with our eyes, or actual chemical tests that much must be conjectured. “The case of Alexis St. Martin, who from a wound had an opening into the stomach from the surface, permitting an examination of the process of

digestion furnished an opportunity for gaining much information. Dr. Beaumont, who performed numerous experiments with him, is reported to have given the following as the time required for the digestion of different kinds of food :

KINDS OF FOOD.	HRS.	MIN.
Pigs feet.....	1	00
Tripe.....	1	00
Trout (broiled)	1	30
Venison Steak.....	1	35
Milk.....	2	00
Roast Turkey.....	2	30
“ Beef.....	3	00
“ Mutton	3	15
Veal (broiled).....	4	00
Salt Beef (boiled)	4	15
Roast Pork	5	15

Dr. Beaumont found that the introduction of any material into the stomach would excite a secretion of the gastric juice, and he was enabled to collect a small quantity at a time. He described it as a transparent fluid, inodorous, a little saltish, and very perceptibly acid. Its taste is similar to that of mucilaginous water, slightly aciduated with muriatic acid. It is readily diffusible in water, wine, spirits; slightly effervesces with alkalies, and is an effectual solvent of alimentary material. It possesses the property of coagulating albumen in an eminent degree; is powerfully antiseptic checking the putrefaction of meat, and effectually restorative of action when applied to old sores, and foul, ulcerating surfaces.”

The different layers, or cases, of the stomach becoming unduly excited, irritated, or diseased, the result of which may cause undue acidity of the gastric juice, which in this state, eructations may bring it up into the mouth; and it is this acidity that also causes heart-burn; also, the mucous membranes from the same cause will secrete unhealthy mucous, which impairs the appetite and digestion, and causes the

tongue to become heavily coated, and a bad taste in the mouth.

THE SMALL INTESTINES.

The next organ of the digestive apparatus is the small intestine. Research and experiments claim to have proven that the most important part of the digestive process, is performed by them. The food, which has been transformed by the gastric juices in the stomach into chyme (a milky fluid), passes into the small intestines, and is exposed to the action of the bile, pancreatic fluid and intestinal secretions which change it into another fluid called chyle. This, a higher organization, gains entrance into the blood by being absorbed by the veins and lacteals.

A second opportunity for practical investigation was presented in Germany, where a series of very important observations were made by Dr. Busch of the University of Bonn: "A woman 31 years of age, from injuries had fistulous openings completely separating the stomach, duodenum and a short fragment of the jejunum, from the intestine below, the upper portion of the jejunum being torn in two. Not the least communication existed between the two portions, and the contents of the stomach and duodenum, with the gastric, pancreatic and biliary secretions, were discharged without admixture with the secretions from the intestines below." * * *

It was observed that though her stomach was filled with food, the desire for aliment was yet unsatisfied and the waste still increased. Attempts were made to lead the contents of the upper portion into the lower by artificial means, but this failing, another mode was adopted. At first protein substances were injected into the lower opening, alternating with amylaceous, and subsequently eggs and meats were stuffed in by the finger. The result was most surprising, and admitted no comparison

with the previously adopted feeding through the mouth. Although there was not commensurate increase of the volume of the patient, yet the muscles manifested more tone, the features lost their death-like expression, the eyes became bright, voice returned, and the patient could sit in the erect posture.

Previous to the last named method of feeding, alvine evacuations were reported to have been almost absent, but though appearing after the last named method was adopted, and exhibiting no traces of the nutriment taken, yet the grayish white color, denoting the absence of bile, exhibited a deficiency."

While the above facts give evidence that the intestines possess the power of digestion to a degree, while they demonstrate the dissolving properties of the enteric juices on a class of foods, they also demonstrate that at least the greater part of assimilation takes place after the foods have left the stomach, yet they do not demonstrate that life can be continued without the office and function of the stomach.

In addition to the functions of digestion and distribution of nutriment of the small intestines, it is also an excretory organ, removing materials of no further use in the economy from the blood, conveying it into the tube for expulsion as feces at stool.

LARGE INTESTINE.

The large intestine is only about five feet in length, while the small intestine is about twenty-five feet. Its function is chiefly excretory, receiving the remains of the food and the intestinal excretions formed into feces, and expelling it at certain periods at stool.

The small intestine is very loosely attached and quite movable, but the large intestine for a considerable portion of its course is firmly attached. Its position is peculiar; commencing low down in the right side of the abdomen, it passes upward

to near the liver, then across to the left, then down the left side to the lower part of the abdomen, then to the midian line where it becomes the rectum, terminating in the anus.

THE LIVER.

Situated in the upper part of the abdomen behind the lower ribs, in the right side, below the diaphragm, is the largest gland or organ in the body, the liver. It varies in size, according to the size of the body of the individual; its average size being estimated as being in weight about four pounds; its size about twelve inches from right to left, and from four to five inches from front backwards, and it is composed of several lobes. Its secretions are derived from the venous blood—from the veins of the stomach and entire intestinal tract, which uniting form the large vein called the portal vein. This vein passes into the liver, and is divided and sub-divided into many very small vessels, called capillary vessels; these ramify the lobes of the liver, and are supposed to remove the elements of the bile. The hepatic vein then receives this blood, and it is conveyed by it to the large ascending vein, the *vena cava*. The liver separates impurities from the venous blood, and also secretes a fluid called bile, necessary for chylication.

Situated on the under surface of the liver is a membranous sac called the gall-bladder. It is the reservoir for the bile, and pours it into the intestine when required. The function of the bile is not well understood, but it evidently aids in removing abnormal materials from the blood, aids in the function of digestion and also excretion.

THE PANCREAS.

The pancreas is a small glandular organ about six inches in length, and from one to one and a half inches in width, and about one inch thick. It has a duct opening into the same

part of the intestine as the duct of the liver. Its secretion is somewhat like saliva, colorless, transparent and slightly viscid. It is presumed it aids in the process of digestion, but in what way is not known.

THE SPLEEN.

The spleen is a tongue shaped organ situated in the left side, in contact with the stomach, pancreas, diaphragm, and is of a bluish red color. Comparatively nothing is known of its function or use in the human economy. Various opinions are advanced, some writers presume that it serves as a reservoir for the portal blood, when it cannot pass through the liver; others, that it serves as an organ to break down worn out blood; and others, consider it a blood-making organ. It furnishes no secretion, but is supplied with a vein, which is a branch of the portal, larger than the artery, and receives a large supply of blood. It doubtless greatly influences both nutrition and excretion in a high degree, and is more or less involved in all diseased conditions exhibiting any marked degree of impairment of these functions. It as frequently becomes enlarged or inflamed, as the liver. When such condition manifests, it has frequently been called ague-cake. Though not a secreting organ, in the sense that the salivary or gastric glands are, or any of like secreting glands, when any of those glands exhibit a morbid condition the spleen will be found to be also greatly disturbed. This is plainly exhibited in conditions of pulmonary consumption, dropsy, diphtheria, tonsilitis, and all conditions exhibiting a morbid secretion of mucous.

THE CIRCULATORY APPARATUS.

The heart and blood vessels are the organs of circulation, and by their combined functions the blood is conveyed to every part of the body. "The heart is situated near the center of the chest between the lungs, though to the left of the

midian line; the juncture of the fifth rib with the breast-bone marks its exact position."

The heart is a hollow muscular organ, divided into four compartments, two on the right, and two on the left side. The two called auricles, are situated above, having thin walls, the two lower are called ventricles, and have thick walls. The contraction of the heart promotes the circulation of the blood—the heart acting as a force-pump, as it were, throws the blood to all parts of the system. The venous blood gathers into two large veins—the ascending and descending *vena cava*. These empty into the right auricle, which contracting, forces the blood into the right ventricle, and its contraction throws it into the *pulmonary artery* which conveys it to all parts of the lungs. In this organ the color of the blood is changed from the purplish-red of venous blood to vivid scarlet-red of arterial blood, from having given off its carbonic acid gas, and having received a supply of oxygen. Four veins, called *pulmonary veins*, receive the blood from the lungs, and convey it to the left auricle; this contracting throws it into the left ventricle, which throws the blood through the *aorta* into every part of the body,

The vessels called arteries distribute the blood propelled from the heart, to the body. In form these vessels are cylindrical tubes; in structure they are composed of three coats—an external dense fibrous, a middle elastic, and an internal lining membrane. Though the veins possess the same structure their walls are much thinner, and they are provided with valves to prevent a reflux of the blood. The walls of the arteries are elastic and yield at each impulse of the heart, and contract when it has passed, hence the pulsations of the arteries are synchronous with the beats of the heart.

The plan of the distribution of the blood vessels exhibits an interesting study. "Arising from the heart is a large artery

called the *ascending aorta*, it passes upward and to the right about three and a half inches; thence curving to the left and backward, *the arch of the aorta*, then downward on the anterior surface of the spine to a point just posterior to the umbilicus or navel."

The arterial system has been aptly compared in its arrangement to the trunk and branches of a tree, "except that very frequent communications exist between these branches, so that by a continual sub-division and inosculation, their distribution comes more and more to resemble the capillary net-work in which they terminate. The capillaries are very minute blood vessels establishing the communication between the termination of the arteries and the veins. They are distributed throughout every part of the body, being so near together that the slightest puncture will injure several of them.

The arteries retain their shape when empty. Commencing in the minute radicles of the capillaries, which everywhere permeate the body, are the veins, which uniting, constitute the larger and larger branches, till they terminate in the large trunks which convey the dark colored blood to the heart. The heart is surrounded by a sac, called the pericardium, or heart-case. The membrane lining the inner wall of this sac, secretes a watery fluid for lubricating the external surface of the heart and the interior surface of the pericardium, or heart-sac, to prevent friction between the two.

RESPIRATORY ORGANS AND FUNCTIONS.

For the purpose of aiding in nutrition, purifying, and continuing life, the body is provided with respiratory organs, or apparatus. The nose, trachea, bronchia, air-cells and lungs, assisted by several muscles, and some appendages at the entrance of the trachea—the fauces, tonsils, soft palate, uvula, and the epiglottis, constitute the organs of respiration.

The nose, in addition to its being a beautifying appendage of the face, is an organ possessing two special functions—that of admitting or conveying air to and from the lungs, and that of smelling.

Situated immediately behind the tongue, and forming the principal part of what is generally called the throat, is a membranous sac, the pharynx, which forms part of the air passages and the passage for the food. At the base or posterior part of the tongue a constriction appears, called the fauces, and formed in part by the tonsils, or glands, of which there are two, one situated on each side of the throat, and are made plainly visible by depressing the tongue. Also, depending from the roof of the mouth at this location, is the soft palate with its extended portion, uvula, and below or posterior to the tongue, is the epiglottis projecting upwards, which is the beginning of the larynx or trachea.

The trachea, or windpipe, is a continuation of the larynx; continuing a short distance, upon entering the lungs it divides into two parts, called bronchia, and these branches divide and sub-divide into many branches ultimately terminating in numerous small sacs, or cells, usually called vesicles, or air-cells.

The bronchial tubes and their terminations, the air-cells, the pulmonary arteries and veins, and lymphatics, connected together with fibrous tissue, and the whole covered with a complete investment of serous membrane called pleura, constitute the lungs. The part called the root of the lungs, is the point where the bronchial tubes and blood-vessels enter. These vessels, the trachea, bronchial tubes, and vesicles, are lined with mucous membrane, a continuation from the larynx.

The lungs are nourished as other parts of the body are. When nourishment is deficient in other parts of the body it is proportionately deficient in the lungs; and the different parts

of the breathing apparatus may become diseased or in an abnormal condition, as other parts of the body.

The function of respiration is effected by an elevation of the anterior extremities of the ribs and a drawing downward of the diaphragm, the muscles of the chest being so arranged as to accomplish this. The air is forced out of the lungs by the ribs being drawn down, the acting of the abdominal muscles, and the diaphragm being thrown back.

For purifying purposes the air cells are so constructed as to permit the carbonic acid gas to pass freely through its delicate membrane from the blood to the air, and, for nutritive purposes, the oxygen is permitted to pass from the air cells to the blood.

From sixteen to eighteen respirations per minute are considered about the frequency of respiration, rarely exceeding twenty-five per minute.

The organ of voice is composed of a framework of cartilages, seven in number, articulated together, and called the larynx, which, in addition to being the organ of voice, forms part of the air passages. It is situated immediately below the tongue. Several small muscles move these cartilages and thus vary the form and size of the passage through it. Passing from behind forward are two bands of fibrous tissue called the vocal cords. These cords can be made tense to contract the aperture, or drawn apart for relaxation of it—the cartilages of the larynx and muscles being so arranged as to effect this, and to this is due the range of the human voice. Articulation is effected by the tongue, lips and teeth, and the voice is modulated in the throat, mouth and nose.

THE BLOOD.

The blood is the general circulating fluid of the animal body. In it is embodied the source of all nutriment and growth, the

material for repairs and continuance of being or life. However much the various elements necessary to the continuance of the body may differ, the materials of all the secretions are derived from the blood. In addition to the blood being the source of nutriment and growth, it also removes and carries from the body its detritus and other materials which are hurtful or injurious or have served their purpose in the economy of the body.

The elements of nutrition and growth—the elements of the blood necessary to a healthy continuance of our being—are derived from our foods. “There are no blood-making organs, but the materials of digestion are formed into blood by contact with the blood itself.”—*Scudder*. The blood is elaborated of the materials of digestion; hence, plenty of wholesome food, well digested, is the only source from which the necessary supply of blood must come, and to suppose that it can come through any other means is a piece of gross ignorance.

Every individual has not the same quantity of blood; the quantity varies in different individuals. But there is *no time* when *any* individual has *too much blood*. It may be deficient in nourishment, or be overloaded with detritus, or abnormal accumulations, in which condition it is not in a state of good health.

We may know that there is a deficiency of nutritive element, or elements, by the exhibition of an anæmic or emaciated condition of the body, but what particular element, or what amount of it is needed in the economy, we have no possible means of ascertaining, *except through the desires of an unvitiated appetite*.

The length of time necessary for the blood to make the circuit of the body, to course through the body and return to the heart, is also different in different persons, or different individuals. This difference of quantity and difference of rapidity of circulation does not constitute disease.

The size of the individual, the temperament and the habits of each, undoubtedly exert a modifying influence. The pulsations of the arteries, which are synchronous with the beats of the heart, are also modified by the temperament and the habits of the individual.

Nutritious food and good digestion are the means of blood-making, and elimination and excretion are the means of purifying the blood.

Blood drawn from an artery is of a bright red; drawn from a vein it is purplish red, heavy and viscid.

NUTRITION.

Nutrition, in reference to the human body, is the fundamental property of organized matter on which all the phenomena of life are based the process of change, of composition and decomposition, which is constantly taking place in all living tissue. It is the act, or process of promoting the growth, or repairing the waste of the economy; the process by which food is digested, assimilated and made nourishing. The nails and hair present the most noticable display of nutrition and growth. New cells are constantly being formed at their roots, the material for which they absorb from the blood, these formations pushing the earlier formed ones on to take on their finished element—hair and nails. All parts of the structure do likewise—cell formation for every part of the body—each and every kind selecting its special kind of material from the blood with accurate precision unequaled by any human invention.

This process of cell growth must be very rapid in the young, as it is not only necessary to keep up repairs from wear out and decay, but the parts must be increased into their allotted size—full grown. In middle life sufficient only is needed to keep the parts in normal condition. In old age this forma-

tive force or renewing power, becomes more and more feeble, until it ceases altogether, and death is complete.

ABSORPTION AND THE LYMPHATICS.

The process by which the materials of nutrition are removed from the alimentary canal, to be conveyed into the circulatory vessels is called absorption. Also, the particles of matter, that have become injurious or useless, are removed from the mass of fluids and solids of which the body is composed, by the same process. Two sets of vessels are required for this renovating process,—the lacteals and lymphatics perform this office.

The lacteals are found only in the alimentary canal, and act exclusively for the growth and repair of the system. The lymphatic glands are found, principally situated on each side of the neck, under the arms, in the groins, and the cavities of the body. Their function is not clearly understood, authors differing in their opinion. One of their functions seems to be to remove matter or materials.

Minutely distributed throughout the body is a system of vessels carrying a whitish fluid called lymph, which is supposed to be secreted by the lymphatic glands. These glands become diseased and enlarge, manifesting scrofula.

SECRETION.

Very nearly associated with the process of nutrition is secretion. A constant wear-out necessitates a constant removal of the worn out materials to give place for the new. These worn out particles become soluble, are absorbed by the blood vessels, and removed from the body by the excretory organs. The activity of the functions of a part modifies to some extent, the duration of the life of its particles; the more actively exercised, the less prolonged its life; and the less exercised, the longer its particles appear to live, though there is a limit to this.

Secretion is the separation of some material from the blood, and is of two principal kinds, also, for two principal purposes. These are termed *recrementitious* and *excrementitious*, and are constituted of different materials. The first, which are the secretions of the digestive apparatus—saliva, gastric juice, pancreatic fluid, bile and the fluid from the intestinal glandulæ, of the mucous and sebaceous matter, and of the spermatic fluid, are new material, and perform functions in the process of the body. The second is chiefly the waste material, or effete matter of the system, produced by the change of the tissues.

The body is provided with a special apparatus for the function of secretion which consists principally of tubes. The simplest form being a minute, simple tube, closed at one extremity, and receiving a very free supply of blood. The small glands consist of but one such tube or duct, while the large glands are a combination of such tubes, whatever the shape or size. The secretory organs may be excessively stimulated, and their energy and vigor will thereby be reduced—impaired; as in the habit of continual spitting, which attends the chewing of tobacco and gum, or other substances, between meals, not only inducing debility of the salivary glands, but of the entire system.

EXCRETION.

The bowels, in addition to their function of nutrition, also possess an additional function, that of excretion, which is also an important one. The materials discharged from the bowels daily as feces, are composed in part of the debris of the food, but chiefly of the material thrown off from the blood through the intestinal wall. "There seems to be no proper secreting structure for this purpose, and it is possible that it is effected by the mucous membrane alone." The amount of fecal discharges from

the bowels daily, varies. About six ounces is considered the average. About seventy-five per cent. of this is water, the solids amounting to but little more than one and a half ounces.

Constipation of the bowels deranges the digestive process and induces disease. These materials for excretion, being composed of the debris of the food and of the worn out materials of the structure, are of no use in the economy, and from their nature are injurious and poisonous, and being retained beyond their natural limit, the more liquid portions are re-absorbed into the blood, contaminating, poisoning it, causing headache, dullness, stupor, irritable temper, pain in the back, numbness in the limbs, loss of control of the mind, loss of appetite, fever and nervousness.

THE URINARY APPARATUS.

The kidneys, ureters, bladder and urethra constitute the organs of the urinary apparatus, the functions of which are to secrete and excrete excess of fluid and effete materials which are in solution. The kidneys are two in number, are situated in the posterior part of the abdomen, on the right and left side, and are well protected from injury by structures surrounding them. They resemble a bean in shape. The indented border receives the renal artery and is also the exit to the renal vein, and is the entrance to the pelvis of the kidney, which is the terminus of the upper portion of the ureter. The watery secretion, or urine, is poured into this funnel-shaped expansion of the ureter.

The ureters are long, membranous tubes extending from the kidneys to the bladder, and convey the urine from the kidneys to the bladder.

The bladder is a hollow, muscular organ, situated within the pelvis, and may contain from one to two pints of fluid. Like many of the other vessels, it is composed of three coats,

an external serous, a middle muscular, and an internal mucous lining. The function of the bladder is to receive and contain the urine for a suitable period, and then expel it from the body, which it does partly by the contraction of its own muscular tissues, and partly by the abdominal muscles. The little canal that conveys the urine from the bladder out of the body, is called the urethra; in the female it is about two inches in length, in the male about nine inches, with a diameter of probably three-eighths of an inch, or a slight degree more.

The urine is a yellowish-colored fluid, of a disagreeable odor, and a bitterish, saltish taste. It is estimated that an individual passes an average, in twenty-four hours, of about thirty ounces in summer and forty in winter. This may be greatly varied by the amount of perspiration and also by the amount of fluid taken. The amount of solids passed daily by way of the kidneys is estimated to vary from six hundred to seven hundred grains, the remainder being water. The kidneys pump off much of the excess of fluid which may enter the circulation and eliminate from the system a great amount of effete matter, which excretion is necessary to sustain health. The kind of food taken, the quantity of fluids, the habits and age of the individual, also cold and heat, modify both the quantity and constituents of the urine. From modifying influences a great range of changes may take place and yet the health remain unimpaired. Cold to the surface of the body increases the quantity and may change the quality; and heat, by promoting perspiration, diminishes the quantity and may change the quality, and the health may not be morbidly affected by either if only extended to a moderate degree.

According to some of our most eminent investigators the solid residue excreted by the kidneys daily is about two ounces, being more than is excreted by the bowels. The urine is composed of excess of fluids holding in solution, or nearly so, the

elements of disorganized tissues—the old, worn-out effete materials of the animal structure, which have served their purpose and are of no further use in the economy, and doubtless some improperly digested food or excess of food in a decomposed state. These constituents are very poisonous, and if retained within the economy give rise to disturbances of the brain, the nervous system and the stomach, manifesting mental disturbance, insanity, inability to concentrate the mind on subjects, eruptions on the surface of the body, development of tumors, stupor, coma, rheumatism and other derangements. The inner walls, or mucous surfaces of these organs, are delicately sensitive, and they, or any part of these organs as any other part of the body, may become diseased, exhibiting various manifestations, as tumors, inflammation of the mucous surfaces, etc.

ITS FUNCTIONS—ITS DISTURBANCES.

In all manifestations of disease affecting the human body, the urinary apparatus is more or less affected also, and, in addition, may be the localization of an ailment. It matters not what type of manifestation appears, there is constitutional inefficiency, perversion, debility, derangement or discord in some degree. The different symptoms or manifestations of disease of the urinary apparatus indicate simply different degrees of severity, or advancement of degeneration, and the *principal* treatment in all manifestations is virtually the same—regulate excretion and promote nutrition, and discontinue the producing causes. It matters not what name we may give the symptoms, whether “Bright’s disease,” “diabetes mellitus,” or “insipidus,” “floating kidney” or “waxy kidney,” these names give us no particle of intelligent guiding.

The urinary apparatus being one of nature’s outlets for excreting effete, worn-out and superfluous materials, and as all substances entering the system as nutrition must be liquified,

any substances having entered the system, whether having been used in the economy or as a surplus, may be found in the urinary excretions, whatever the substance may be.

Prof. Lehman observed that "the kidneys not only separated certain constituent parts of the organs which have become inadequate for the maintenance of life, but also expel the superfluous nutritive matters that may have been absorbed." According to observations of Prof. Lehman and John M. Scudder, M. D., there is a greater amount of solid excretions daily by way of the kidneys than by way of the bowels, their estimate being about two ounces of solid residue in the daily excretion of urine, and from one ounce to one and a half ounces of solid residue by way of the bowels. What proportion of this matter is waste, worn-out material there is no way of approximating.

Various conditions influence the quantity and quality of this excretion, as the quantity of fluid drunk, the condition of activity of the bowels, and the activity of perspiration.

If there is excessive urination, the sweat channels or bowels, or perhaps both, are not performing their portion of fluid elimination and, also, there may be large quantities of fluid taken into the system. If the bowels and sweat channels are deficient in elimination, the kidneys may be over-taxed, which would in time prostrate. This, however, is not of frequent occurrence; it is more frequently the case that this effete and superfluous material is not eliminated from the general system or circulation, and conveyed to the excretive outlet, which is due to defect or perversion of function.

Debilitated conditions, or constitutions of feeble vitality, are sensitive to exposures of undue warmth or cold. Warmth usually inducing perspiration brings the fluids to the surface of the body, and cold congesting, or impelling the fluids to the inner centers—the kidneys then usually taking up the elimi-

nating work, which is evidenced by the increase of excretion from this channel. In health this change can take place without producing so sensibly injurious effects, the system being able to adapt itself to the conditions, but in sickness it is hurtful, or if too sudden or prolonged, it is injurious at all times.

From observations of symptoms following the retention of these materials, it is evident they act as a morbid or vitiating factor or substance, deranging and destructive to healthy functions, even life-destroying, and insanity-producing; therefore, it is also evident that the proper and prompt expulsion of these materials is as essential as nutrition; hence, this function being of so great importance in the economy of the body, proper attention should be given that it be duly performed. The habit of many individuals of not responding to these calls of nature to permit this expulsion to take place is exceedingly derogatory to good health. For by this neglect, this excretion being retained, not only may re-enter the circulation, but by not being expelled it may establish the habit of not being eliminated, which if continued, the entire system becomes contaminated, poisoned; and suffering, and perhaps death or insanity may ensue; various types of disease manifesting, according to the degree of impairment of this function.

Different manifestations of derangements of the urinary apparatus may manifest as sequelæ to eruptive fevers, especially when good recovery from them has not been secured. Treatment for some of these conditions will be given in appropriate place. From a morbid condition of the system, various manifestations of local diseased conditions may appear, as inflammation, catarrh, scalding or burning sensation during micturition, incontinence or retention, hemorrhage, stricture, tumors of the kidneys, etc.

In diseased conditions of the urinary apparatus, treatment directed wholly to these organs, neglecting the remainder of the system or body, does not insure a restoration to health. A few minor ailments are, and may be dispelled in this way, but if the disease has reached any proportions, a cure cannot be successfully obtained, except by combining constitutional treatment with the treatment of the urinary organs—in fact, very largely, by rousing the liver to proper activity.

There are some symptoms common to all diseased conditions of the urinary apparatus—there is deranged appetite, frequently alternating from feeble to voracious, bowels almost always constipated—occasionally alternated with diarrhea; there is the pale, yellowish-dirty, expressionless appearance to the skin, losing strength, food does not nourish, and in the lymphatic temperaments there is a flaccid, atonic condition of the system usually manifesting a tendency to dropsy; and, in the nervous bilious temperaments, there is a constricted, atonic condition of the system. However, of all the temperaments, the lymphatics suffer the greatest from kidney diseases, as also, from some other types of diseases.

THE SKIN.

The skin is a membrane which envelopes the whole body. Its function is two-fold; besides being a protecting sheath to the body, it is also an important excretory organ, and in this respect is essential to life. It is formed of two layers, the internal layer, or true skin, also called the *derma*, which is formed of fibrous and elastic tissue, and is strong; the external layer, which is thin, is composed of dessicated cells, which overlap each other very like the scales of a fish, and are horny in texture. Minute elevations termed *papillæ*, are found to cover the true skin. These are supplied with sensitive nerves and blood

vessels. *Sudoriferous* or sweat glands, *sebaceous* follicles and *hair bulbs* are found in the skin.

The sudoriferous glands secrete sweat, and are very numerous, it being estimated that there are about four hundred and seventeen to the square inch, or about seven hundred thousand in a full grown individual, a sewerage or drainage of about twenty-eight miles. Through this immense drainage system it is estimated that about one hundred grains of organic matter are removed daily.

Some idea of the true character of this excretion may be obtained by coming in contact with the offensive odors given off from some people's bodies, especially their feet. However, a great degree of offensiveness accompanying the sweat indicates a perversion of excretion of morbid matters and demands attention to the excretory functions of the bowels and kidneys.

HUNGER.

Hunger may be termed the outcall of the system for materials for its continuance and repair. Reciprocal activity of waste and repair is constant in every living organism. The living fabric in every action which constitutes life, is every instant yielding up its particles to destruction. Every vital activity produces a waste of tissues—your breathing, walking, thinking, crying, laughing, singing, grieving; no, you cannot do one thing, but what some atom of your being must be yielded up to destruction. This is a wearing out, a wasting away, and also there is a degeneracy or death of structure due to limitation of its power to live, and unless it is repaired, or replaced with new tissue, life will flicker—will “go out.” Hence, the want of food necessary to repair the waste of life, is the cause of hunger. Coffee, tobacco and opium will, for a very short time, allay hunger, but as they do not supply the nourishment necessary to the needs of the body, they do not serve the pur-

pose of food, and in the end are of no advantage, as they leave the human economy to consume itself. Usually the desire for food (hunger) recurs periodically, its time between these periods being in proportion to demands for nutrition, this differing in different individuals; age, temperment and habit influencing this in some degree. A growing child will require more food than an adult, and an individual of vigorous activity more than one of sluggish habits. In cases of prolonged sickness, where there has been great emaciation, when convalescence begins, and frequently for some time after, hunger is almost constant, and is sometimes so ravenous as to require being restricted, otherwise the excessive eating would cause death.

THE NERVOUS SYSTEM.—ITS FUNCTIONS.

The brain, spinal cord and nerves make up the nervous system. The brain is a large nervous mass contained within the skull, three membranes investing it—an external dense fibrous membrane, called the *dura mater*; a middle serous membrane, composed of two layers, forming a shut sac, called the *aracnoid*; and the internal vascular, consisting principally of blood vessels, which penetrate the brain in every direction. In form the brain is ovoid, flattened somewhat at its base. It is marked by several depressions, some of which are caused by the configurations of the bones of the skull; others mark its divisions into different parts. A large fissure of considerable depth passes from the front backward, dividing it into two hemispheres. In fact it is two brains connected by nerve-fibres.

“The brain is divided into a superior portion called the *cerebrum*, a posterior portion called the *cerebellum*, and several parts at its base termed *sensory ganglia*.” The cerebrum appears to be composed of nervous membrane folded together, the folds or convolutions being distinctly marked. The cerebellum is situated under the posterior part of the cerebrum, and appears

to be of similar construction, though the convolutions are much smaller.

The sensory ganglia consist of two nervous masses of gray and white substance on each side of the midian line at the base of the brain. "Fibres of communication can be traced from them to the medulla oblongata. The cerebellum also communicates with the medulla at the same point."

The brain is the seat of sensation. Through the medium of the sensitive nerves it receives impressions made on all parts of the body. It is the seat of the will and superintends the physical as well as the mental movements. It is unknown what part of the brain receives the impressions or has the most intimate relation with the intellectual faculties. This organ, though cognizant of every sensation, is said to be, of itself, but slightly sensitive. It is said that it may be cut, or parts removed, without being felt or consciousness being lost.

The spinal cord, the roots of the spinal nerves, and the membranes of the cord, are contained in the spinal column. The spinal cord passes downward from the medulla oblongata through the entire length of the spinal canal, sending nerves in their course to every part of the body. "It is composed of white nerve fibres passing from the brain and of gray nerve substance from which other nerve fibres arise. Hence it is in part a nerve trunk and in part a nerve center in which nerve is generated."

The nervous system is divided into two distinct parts or classes; one, called the *vegetative* system, controls the functions of digestion, assimilation, the circulation of the blood, nutrition and secretion; the other controls the functions of animal life, is under the control of the will, and is called the *cerebro-spinal* system.

The sympathetic system, or organic system of nerves, consists of two nerve cords situated on the anterior surface of the spinal column, and which have certain enlargements upon them

termed *ganglia*. These ganglia are thirty-three in number on each side and are composed of nerve cells and granules, doubtless furnished by the nerve force for this system. The sympathetic nervous system supplies the organs of digestion, secretion and excretion, the blood vessels, and undoubtedly controls the nutrition of the body. These nerves are intimately connected with the spinal cord by fibres of communication; hence there is a close sympathy between the two.

Filaments of this system of nerves accompany the blood vessels throughout their course; hence, every portion of the body is to some extent under its influence—one of its important functions being to form communication of one of the systems with another, so that one organ can take cognizance of the condition of every other organ and act accordingly. It is also by means of the nerves that we have consciousness or communication with other objects than ourselves.

OBSERVATION.

What a wonderful scene would present were it possible to unveil this unequaled machinery, with all its parts and powers in motion! Marvelous, indeed, would be the vision of seeing the ceaseless contractions and dilations of the heart, propelling and receiving the vital fluid—the blood; the flapping of the tricuspid, semi-lunar and mitral valves, acting like the valves of a steam engine; the pulling of the cordage of the tendons; the synovia lubricating the joints; the play of the ball-and-socket joints; the swinging of the hinges, and the swells and depressions of the spinal column's elastic cushions. To see the electric influence of the ganglia darting along the lines of the nerves; and the pneumatic machine of the lungs disengaging its environed air, and receiving in exchange a supply of new medium—the pause and interval in respiration to divide the gases agreeably to their relative specific gravity;

the chronometer of the pulse, and the calorimeter which measures out the heat to the system, and proportions its quantity according to circumstances, preserving an equilibrium under all changes and conditions.

To peer into that working cabinet, the stomach, with its multitude of little glands, servants of its gastric chemistry department; and the liver (like an old Roman sentinel) separating impurities from the blood and secreting bile for assisting in digestion.

To see the slender pancreas with its feathery branch of vessels, and the spleen, that organ of melancholy that yet puzzles the world to learn of what use it is. The bowels with their multitude of lacteals collecting nutriment. Then throughout this entire structure, a perfect network of veins, arteries and nerves, each dividing into numberless ramifications penetrating every part, diffusing life and sensibility; and the indescribable membranous veil, or vital tracteries, woven over many internal surfaces and delicate organs; while this entire marvelous machine is mantled over its external surface with a three-fold skin, constructed with its millions of pores for purposes of perspiration and excretion.

What a wonderful workshop is this human body! Many, many times a year it is torn down and rebuilt during our term of life, without conscious efforts of our own.

NECESSITIES AND COMFORTS OF THE HUMAN LIFE.

FOOD.

Food is eaten for the nourishment and warmth of our body, and anything that can be appropriated for this purpose may be used as food. Much has been written and said in regard to the proper articles to be used as food in order to produce and retain good health, also much investigation has been made. While some progress has been made in knowledge the millenium is very, very far away yet. Most persons can partake of the articles in general use, if properly prepared. There are, however, a few individuals who cannot partake of some of the foods in every-day use by others. Eggs entering into food in any form could not be tolerated by a few individuals; also, I have met a few cases in which the sight of milk produced nausea, and in such cases it was not resultant from disease; it was simply on the principle of that which is meat to some is occasionally poison to another, or at least obnoxious. Articles of food that have been found to produce ill effects with an individual should be discarded.

Articles of food that may have been used freely in younger life do not prove that they can be so used throughout life. To assume to dictate a line of food containing the simple elements needed in the economy of the body and in exact amounts required, is assuming that which will hardly be realized. It is

not possible to arrive at any means by which these amounts can be measured up, or, if once measured, could be so kept.

The human family partakes of both vegetable and animal materials as food, but it is, doubtless, quite probable that less disease would afflict the human body if animal flesh were not eaten at all. It may be quite probable that the condition of blood poison producing fevers, scrofula and various other ailments, are due to meat eating.

The amount of food required by an individual is difficult to determine. It varies with the habits of the individual and with age. Healthy persons exercising in the open air will require more than those who do not, and a growing child more than an adult. As to the time of partaking of food, the writer is convinced that the three-times-a-day habit generally observed—the breakfast between six and seven, dinner between twelve M. and one P. M., and supper between six and seven P. M., serves the economy of the body better than any other division of time for partaking of food. This division does not produce exhaustion by too long waiting for nutrition, nor dispose to over-eating.

Children under four years of age may have a lunch between morning and noon, and noon and the supper meal, but not to the extent of *mincing* throughout the day. The digestive apparatus must have rest; it cannot stand to work hard twenty-four hours every day, no more than the hands and arms can.

Fruits and vegetables not perfectly developed, or beginning to decay, old or stale, are unfit for food; also foods canned in tin, cod-liver oil and the extracts of beef dispensed in the markets are unfit for food. If people will indulge in eating animal meat as food, have it prepared from fresh articles and only prepared as needed for immediate use, which can be better done in the home kitchen; but it is better, far, to look to the vegetable and fruit kingdom for nutriment.

CLOTHING.

Clothing should be of a kind to conserve the comfort of the body. In other animal life nature has provided a covering meeting the requirements for bodily comfort and well being, but in the human family nature has left this provision for us to make. In the matter of properly clothing the body, we select material for conserving the heat when exposed to cold, and that material that aids and permits us to keep comfortably cool when exposed to undue warmth.

Wool stands at the head of the materials out of which clothing is made. Wool is a non-conductor of heat, hence it conserves the heat of the body. Made into cloths, while soft and agreeable to the skin, its porosity or openness of texture permits the passage of exhalations from the body, which is of great value. By having the cloths or flannels thinner or heavier, it meets the requirements the best of all materials for nearly all seasons of both cold and heat.

In hot weather, especially after exercise, perspiration manifests, it becomes vaporized, cools and will chill the body, the more so if cotton or linen is worn. While exercising in hot or warm weather, while cotton or linen may be most comfortable, after exercise dry flannel restores the latent heat or warmth and gives an agreeable feeling of comfort.

For those exposed to extreme cold winds, in addition to the woollens, the leathers and furs are most excellent.

The color of fabrics affects their properties,—by the retaining of heat and the absorption of odors, black ranking first, blue next, then the reds, and the whites the lowest. The popularity of red flannel, and it being supposed to possess special virtue over other colors, is doubtless due to its coarseness, in part, and to the dye, lending a more or less peppery quality.

WATER.

Water is the only fluid which is suitable for every day and continual use to drink. It is best suited for the nourishment of the system, for the dilution of solid food, and for maintenance of a proper degree of fluidity in the blood. It is the only agent that can satisfy thirst, or, which the human family prefers when not vitiated by artificial appetites. It is as essential to life as air, light, heat, or any solid food. It enters into the composition of the substances which constitute our food.

The fluid which is taken into the stomach, is conveyed into the blood and before it is expelled from the body, it traverses every part of the body.

There is a continual loss of fluid from the body taking place during life: hence, the system requires a re-supply, of which we are made aware by a peculiar sensation called *thirst*. The *fauces* are supposed to be the immediate seat of thirst. To supply this requirement of the system, sufficient fluid may be introduced into the system by mouth—drinking; by the skin, by being applied thereto, or, by injection *per rectum*.

The quantity of water required at any time depends much upon circumstances, as there are many conditions influencing, or modifying this. It is augmented by active exercise; by the increase in the atmospheric temperature; by whatever stimulates the secreting function. During a meal, the partaking of animal food will require more than vegetable food, and highly seasoned food still more. Hence the quantity of water needed daily cannot easily be stated. The time to drink is when the sensation of thirst is very urgent, and the *quantity*, sufficient to satisfy thirst, both of which is readily determined by a healthy adult.

It is injurious to flood the stomach immediately previous to a meal, with cold or ice water, as it lowers the temperature below normal. No more fluid should be taken during a meal than is necessary to facilitate the proper mastication; this being observed persons are less liable to over-eat, or overload the stomach. Persons may cultivate a habit or an abnormal desire of the system, in drinking more fluids than the system really needs.

For good health and all those purposes for which water is required, the purer the water, the better. Rain, snow and spring waters approach nearer purity than any other, and are applicable to every domestic purpose, also to chemical and medicinal purposes. Wells are so frequently of such shallow depth that only what may be termed surface water is obtained, which, especially in cities contain many impurities from privy vaults and other garbage, which unfit it for drinking, or domestic purposes. If wells are of sufficient depth to escape this, the water should be of sufficient purity, and desirable. Some rivers furnish a wholesome supply of water, ranking them next to spring or rain water, but near cities, the obnoxious substances deposited into rivers certainly make the water unfit for drinking use in the human family, as well as undesirable. Much is written and said about mineral water—natural mineral water, but it has not been the pleasure of the writer to sample any that made a flattering impression of any superior medical qualities, very desirable.

Cool water is much safer to drink, to assure health, than ice water, and *hot* water will satisfy *extreme* thirst, frequently much better and safer than cold; after which but a sup of cold water will satisfy. When persons are situated so they are compelled to drink impure water the addition of a little prickly ash bark will overcome much of the bad effects.

AIR.

Surrounding our earth is a peculiar, transparent, invisible, inodorous, insipid, elastic, compressible substance called air, or atmosphere, which, by our natural structure, we are compelled to breathe every moment of our lives, and without which neither life nor health can be sustained. It is composed of oxygen about twenty parts, and eighty parts nitrogen, by volume—oxygen being the constituent upon which life and health depends, its influence in the human economy being marvelous.

Obnoxious effluvia may enter the air, rendering it unfit for respiration, injurious to health, as decomposing vegetables and animal substances, and exhalations from animal bodies, of which nothing can be more dangerous or disease-producing—such as is witnessed in hospitals and so-called charitable institutions, where putriferous, decaying, *rotting* human bodies, beings in one or other advanced stage, are huddled together in small space, compelled to inhale this heterogeneous mix, added to which is usually the equally dangerous and obnoxious carbolic acid, which is one dangerous and detestable *stink* attempting to cover up another dangerous and detestable *stink*. When one considers the disease-producing nature of such as the above, the conclusion would naturally be that inmates who survived such surroundings very long were possessed of powerful vitality or extraordinary capacity for resisting disease.

For the safety of health it is best to avoid, as far as possible, in any of its various impurities, impure air, situating so that abundance of pure air may circulate and surround every individual.

HEAT, OR WARMTH OF THE BODY,

The heat or warmth of the human body is necessary to every normal action of the body. No tissue formation or motor power can go on without it; therefore it is essential that

this matter of supplying and preserving the heat of the body receive necessary attention. To keep up the heat of the body two things are necessary: the prime factor for this purpose being the physiological function known as *oxygenation*, or burning up of its own structure, and food taken for this purpose; and, though second, very essential, proper artificial covering that prevents the rapid escape of heat, or retains it. The proper clothing of the body is much more essential than is generally presumed. A rough estimate of the benefits to be derived from it may be gained from observing the healthy condition of the domestic animals that have been well housed, and the unhealthy condition of those left exposed to the inclement weather.

Exercise, well and judiciously taken, is an aid to increased oxygenation, warmth, and to its proper distribution throughout the body.

SLEEP.

Sleep, sweet sleep! What a boon to the animal nature, especially the human family! It shuts out many wearinesses, perplexities and botherments, rests the tired nerves, the weary muscles, invigorates the mind; resuscitates the exhausted energies of the system in health, and it better effects the removal of the abnormal conditions in the unhealthy, than almost any thing else known. It is a necessary companion in life, aiding in the harmonious performance of its functions. The cerebral and sensorial functions of the body are in complete suspension, giving necessary rest to the mind, thereby enabling it to again act with vigor.

The vitality of the body can be concentrated for its own repair and protection, as every function is in abeyance, and the waste of the tissues is almost entirely checked. A person in a state of health in natural sleep is in a state of torpor—does not

even dream, and the time occupied in this state of rest is blotted out of existence, as it were. At night all nature is in a state of passiveness, and this is strictly in accord with the laws of nature, which are ever in harmony with each other; hence night is the proper and natural time for sleep, and those who deprive themselves of its benefits are "burning the candle of life at both ends," hence it will be the sooner consumed—the activities of the vital energies which render life of value, are lost. Sound and quiet sleep in its natural time—night, is not only conducive to good health, but good morals as well. Loss of sleep in its natural time injures the vision, is conducive to mental derangement, prostrates the general system, and makes it more susceptible to disease.

Individuals laboring under disease, may be benefitted by a nap in the day time, also young children of great activity of body and mind. Infants require almost their entire time for sleep, especially for the first few months; children from two to seven years require from ten to twelve hours; healthy adults from seven to nine hours, and the sick require longer time.

A fire is permissible in sleeping rooms in cold, damp weather; and especially if gettings up and down must be continued into the night. Young persons should not sleep with old people; persons in health should not sleep with those who are diseased; attendants should not sleep in a closed room where the sick are.

Inability to sleep may arise from various causes, as extreme fatigue of body and mind; undue excitement of the emotions, joy, fear and grief; over-eating, especially at late hours in the night; flatulence, constipation of the bowels, extreme heat or cold, vitiated condition of the atmosphere in the sleeping apartments, incompatible companion, habit of having no regular time of taking sleep, too close confinement in doors, sedentary and indolent habits, and fits of ill temper.

To secure sleep before resorting to the use of hypnotic drugs, the influence which prevents sleep should be removed. Hypnotics give but temporary relief and in the greatest number of cases leave the subject in a far worse condition than before. When individuals are able to do so, exercise in the out-door air, or even sitting in the out-door air, will frequently induce sleep; the avoidance of bad or immoral conduct, avoidance of stimulants and opiates. A sponge bath, using hot or very warm water, is beneficial; a half a pint of hot water drunk just before retiring, or a cup of hot milk, will frequently induce sleep when many other things have failed. If the bowels are constipated use a hot water injection *per rectum*, just before retiring, or take a physic. Pleasant music, vocal or instrumental, or pleasant reading will frequently soothe to sleep.

The "early to bed and early to rise" has never lost its virtue, not only being helpful to good health but morals as well. Upon retiring, first lie upon the right side, that the food may the more easily pass from the stomach.

Scientists claim that it is better to sleep with the head to the north, that there is an electric current passing through the system when lying down, whether awake or asleep, and that its influence is best with the head to the north.

The head should rest a little higher than the lower extremities during sleep.

BEDDING.

Some observers consider hair the best fabric for forming the beds on which we sleep, but this is as objectionable as feathers. Cotton, probably, or wool, is the most suitable fabric for making the cushions or mattresses on which to sleep. Moss also makes a comfortable mat. Less expensive material, and that which may be exchanged as frequently as may be desired, is

straw, and by its admission of frequent changes for new material, from its being so inexpensive and also its not uncomfortableness, probably meets requirements generally. A cotton mat from three to five inches thick, made to fit neatly over the mattress, is a very great improvement to any of the mattresses offered in the markets. These mats may be made by placing cotton between cheese cloth or other fabric and quilting it diagonally, or what is far better, in large fan shapes, the lines about three inches apart. This prevents the cotton from lumping up when it is being handled. Made in the above way, mats may be cleansed as frequently as desired. Any fabric continued in use too long without cleansing and freshening up is objectionable, no matter what that fabric may be. There are some cases in which feathers form the most suitable mat to sleep upon; these subjects will be found among the lymphatic temperaments, those advanced in age, and some very young children. The air and the water beds serve when patients must be confined to the recumbent position for considerable time, but they should be covered with a thick wool or cotton mat.

QUIET.

Periods of quiet are essential throughout life during our best health, and especially is quiet necessary in conditions of sickness; so essential that its prominence in value to the economy of the body is almost parallel with food. In many cases of ill health it is the only requirement. Disease is scarcely more wearing on the sick than being disturbed by constantly being asked something, or the continual chattering of others in their hearing. There is no doubt there are thousands every year, absolutely talked to death, that would have recovered had they been permitted even a little quiet. It is so frequently the case that the sick are required to entertain more while sick than had ever been expected of them when

they were in vigorous health; and often times they must entertain many whose only motive for calling at all is simply a morbid curiosity and desire for notoriety. This class of visitors is more wearing on the sick than disease.

No more talking should be permitted in the sick's room than is absolutely necessary for the caring of the sick; and what is necessary to say should be spoken mildly, but distinctly, never allowing whispering in the sick's room. If there are secrets to keep from the patient, keep *them entirely away from the patient*. If it is evident that the patient cannot recover, the fact should be made plain to the patient as soon as this is evident to the physician or attendants. It is positively cruel and unjust to withhold this knowledge from any patient who is of sufficient age to understand what death means. Any continued noise soon becomes very annoying to the sick, however slight in itself. In all your relations with the sick, be firm but kind, always giving the patient to understand that you will avoid doing what is not for the best. The whining, grunting, sing-song, drawling noise some individuals indulge in when sick, is extremely exhausting, and should not be permitted.

EXERCISE.

To keep the body in healthy condition the parts must be called into activity, and for this purpose muscular exercise is necessary. Muscular exercise judiciously taken, commencing moderately and never carried to exhaustion, favors eliminating and excreting the detritus and debris from the economy, thus purifying the blood by removing morbid matters, relieving nerve pressure, facilitating the normal functions of nutrition, respiration and circulation of the blood, and normally stimulating the appetite and digestion.

Besides conserving of the health by aiding in facilitating the functions of the economy, exercise develops and strengthens the body to a degree. From the deficiency of muscular exercise, the body of persons of sedentary habits are overburdened with old and partially worn out material, which by poisoning the blood and depressing the nerves incapacitates for both mental and manual labor, makes the subject feel dull, tired and frequently morose and despondent, and exhibit a general lack of vigor—a general lack of the elasticity accompanying health.

In supplying and administering the necessary comforts of life there is embodied plenty of healthful exercise, both for maintaining health and for muscular development, for those who are willing to take it in that way. But many prefer almost any other method, even if by so doing they are deprived of many necessities of life, which to provide to themselves would not only supply them wholesome exercise, but ought to give much pleasure as well, in the possession of them; for such and the very few others, who by environments are deprived of such privilege, there are various athletic exercises and amusements, those which may be indulged in in out-door air being preferable.

It is remarkable how vigorously a young man will pound a punching-bag, or jump over a pole, in the athletic rooms—away from home, and after walking perhaps two or three miles to get there, who when at home would not pump a pail of water, or hang up his coat or hat. And a young lady will dance three-fourths of the night, or ride a bicycle eight or ten miles, but will not even so much as put her own sleeping room in order, at home, even when there are no other hands but mother's to do all the menial work.

BATHS.

In the first book of Pliny's "*Historia Naturalis*," chapter twenty, we are informed that for six thousand years Rome needed no medicines but her baths. If the world's cleanliness must be measured by the amount of medicines consumed and the number of doctors employed, we are in the filthiest age the world ever knew.

Cleanliness is next to Godliness, and is a prevention of disease as well as a restorer to health. For cleanliness of the human body, baths are employed, by which the secretions which are thrown out from the body and such offensiveness as attach to the body, are removed.

While proper bathing is always beneficial, improper bathing may be very injurious, and some knowledge of the proper temperature of the water is quite essential, as well as proper modes of administering it.

The different modes of bath may be named the following:

Sponge, or towel bath.

Rain, or shower bath.

Plunge bath.

Sitz bath, and wet pack.

The essential frequency of bathing can only be determined by observation. Individuals who are daily exposed to contact with filths, require daily bathing for cleanliness, while for persons less exposed, two or three baths weekly will usually be sufficient.

For individuals of the abdominal-lymphatic temperament, being of gross and sluggish habit, and intemperate eaters, the daily bath is absolutely necessary, requiring a vigorous use of the bath-brush, a substantial Turkish towel, and a liberal supply of soap.

Very few individuals are really benefited by the cold bath, under any circumstances; the first effects of the cold bath pro-

duce local contraction of the blood vessels, followed by reaction if there is sufficient vitality or vital energy—which is especially deficient in fevers, and in fact in all sicknesses of every kind. A mild application of cold water to the face and perhaps the head, in conditions of syncope and sun-stroke, if not carried too far, is beneficial, with hot bath to the lower limbs.

The hot or warm bath is decidedly the best bath, both as a health keeper, and health restorer. Also for simple cleanliness.

It increases and equalizes the circulation by withdrawing the congested blood from the central organs, increases exhalations and respiration, lessens nervous excitement, causes sedation and abates languor. By its sedative action the hot bath allays irritability and irritation, assuages pain, calms, moderates and tranquilizes the general system, and, by its tonic effect, restores the healthy functions, obviates the effect of debility, increases strength and tone to the economy. The hot water bath is preferable, as it gives the best and most lasting effect.

For usual bathing the sponge or towel bath is the best mode, it being adapted to almost every situation, from the most elegant sleeping apartment to the regular bathroom; as in this mode an ordinary wash-basin may serve to contain the water, which by means of a sponge or towel can be applied to the body, and in addition to cleaning, the sedative and tonic effect is obtained and the soiling of furnishings and furniture may be avoided. The bath should be followed by drying the body with a Turkish or other towel equivalent, rubbing sufficiently brisk to produce a glow.

Sitting or remaining still in draughts immediately after bathing is injurious.

I have never seen any particular good results from the rain or shower bath, but have seen some cases in which injury to

health resulted. This mode of bath seems more especially adapted for public baths, in that it may prevent contagion of disease, which must result in plunge or swimming baths if such a thing as contagion exists.

In the sitz bath the subject sits in the bathtub with sufficient water to immerse the the pelvic regions. Using water as hot as can be borne, this form of bath is especially beneficial in almost every disease affecting this part of the body, allaying inflammation and relieving pain. It may be safely administered in cases of excessive diarrhea, dysentery, flux, retention of urine, obstinate constipation, urinary hemorrhage, hemorrhage from the bowels, or almost any pains in the pelvic region.

The wet-pack bath may be administered by wrapping the subject in a woolen blanket wrung from *hot* water, and covering this with a dry one. If properly done, it will produce perspiration, which should be allowed to continue for an hour or so. When the perspiration appears freely, remove the patient to a dry blanket.

Medicated baths are sometimes desirable and beneficial, when the skin is hot, harsh and dry. Bi-carbonate of soda (common baking soda) added to the water, sufficient to make the water feel quite smooth when passed between the fingers and thumb, is beneficial; this is also beneficial in many cutaneous affections, especially where there appears to be acid odors associated.

Mustard in powder, half a teacupful, to three gallons of water, makes a stimulating bath, and is beneficial in fevers, also may be administered when night sweats are present.

Capsicum, one teaspoonful, to four gallons of water, makes an excellent bath when the lower limbs and hands are disposed to remain cold, flaccid and unduly damp, and may be used either as a local bath to lower limbs and hands or as a general bath.

The spirit, or alcohol vapor bath, may be administered by placing the subject on a common wooden bottom chair, with the feet in hot water, and surrounded by a woolen blanket, fastened close up to the chin and covering the remainder of the body to prevent the escape of the heat. Pour three or four ounces of alcohol in a dish or saucer, place it under the chair and ignite the alcohol with a match or pine lighter. If this quantity of alcohol is not sufficient to produce free perspiration, withdraw the dish and add more. Care must be taken to prevent burning the patient. This bath is very beneficial in rheumatism, bringing out measles and breaking up colds, also dispelling chills and fevers, or intermittent fevers, which it frequently does without the aid of other remedies.

Sea salt, half a teacupful, to a gallon of water used, forms a cleansing bath, removing odors and obnoxiousness from the body with the lasting effect of soap, and often proves curatively beneficial in conditions of eczema, as well as many other skin diseases or skin sores. The clear white salt of commerce may be used in the bath.

Half an ounce of aqua ammonia, added to three gallons of water used for bathing, makes the skin firm, smooth, and removes undesirable odors from about the surface of the body.

DWELLINGS.

There are comparatively few dwellings constructed or arranged, built or planned, that are conducive to cleanly, healthy, comfortable, convenient or pleasant living. The smallness of space in the greater number of dwellings, alone contributes to miserable and filthy living at best, and a menial, drudgery, slave life for the one who attempts to keep house when a dwelling is so small or so undivided that the offices and functions absolutely necessary in the economy of a home must all be jostled, mixed and mingled together, deprives it of comfort,

health and cleanliness; yet far the greatest number of dwellings are constructed on this plan—in fact present an appearance of simply having been intended to be a place to drop into when the occupants have tired, or somebody else have tired of them, and they simply retreat to a place they call their dwelling, for a temporary substitute for some other place, hence convenience themselves to it in a kind of make-shift way.

The kitchen and dining rooms should always be built as an extension to the main building, the kitchen being the room farthest from the main building, and both should be provided with windows and doors opening outside so that currents of air may be passed through them to free them of the heterogeneous odors arising from cooked and cooking foods, thus preventing them from permeating every room in the dwelling, much to the extreme disgust of everybody. An inside door may open from the dining room into a hall of the main building.

A hall entrance passing from the front to the back of the main building, passing out onto an open porch or veranda both back and front, is a good and very desirable aid in the economy of the home comforts and privacies. This hall can be made to embody a great degree of comfort and utility. With folding doors across it, or draperies, the front portion may serve as a convenient place to admit those callers whom one does not care at all times to admit into the privacies of their homes, such as agents, morbid curiosity seekers, etc.; and the back portion, in lieu of a more convenient place, may serve to place wraps and umbrellas that are in daily service. In the arrangement of the first floor, the rooms and hall may be supplied with double or folding doors, then when desired to do so, the entire first floor may be thrown together, or they may be closed each to itself.

Though it is desirable and preferable that the sleeping apartments be on the second floor—up stairs, there should be

at least one large room on the first floor that may be improvised into a sleeping room in cases of sickness of any of the family; for no matter how well regulated a dwelling may be, there is a very wearing degree of discomfort and awkwardness associated with caring for the sick of a family up stairs from the living floor.

Every sleeping room should be provided with accommodations to admit of heat or warming the room when desired, and should be kept so the year round, and all damp, chilly weather there should be a fire or heat in the room before going to bed or asleep in the room. Bed rooms—the sleeping apartments in the home—should be fifteen by fifteen feet in floor space, and nine or eleven feet wall.

The windows and doors of the building should be so arranged that some place in every room may be occupied by persons without the necessity of having to sit in a draft if necessity requires the opening of a window or door.

If sleeping rooms are on the second floor there should be a stairway situated back so that the duties associated with keeping them in order need not have to be passed through front halls, or other rooms, leaving unsanitary repulsiveness permeating everywhere.

Bath rooms in private dwellings are a very desirable convenience if properly arranged, but as generally arranged they are an extremely unsanitary affair, and health would be safer with only a common wash basin than with most of the arrangements in vogue.

The dungeon closets and chuck places so profusely setting off the finishings of some dwellings are undesirable objects, supplying habitations for various vermin as well as musty, dusty, garbage hides generally. Wardrobes on rollers that may be easily rolled in and out through doors are much to be preferred and are more easily kept free from vermin.

A pantry adjoining the cooking and dining rooms is a convenience if large enough to be accessible to being cleansed, and is supplied with light by window, if not so constructed it is a nuisance.

Cellars should be so arranged that they may be well lighted and ventilated by outside windows. An elevator should be arranged from cellar to kitchen.

Dwellings should be surrounded by at least three hundred feet by three hundred feet of ground space. This should be compelled by statute in each state.

HOME.

Home, while being the place of sacred seclusion and rest from the busy world without, is a busy world within. All the actors of life's great stage are there, the nation, the rulers, and the ruled; the church, ministers and hearers, all that life is or ever can be is embodied and emerges from the home.

The highest desires of life should be concentrated in the home, and congenial love and friendship should link the hearts of its members. Home should be the garden of purity and the nursery of religion. Christian purity, moral and social excellence, should denote every member of the home.

Happiness in the home depends upon every member in the home, harmony between husband and wife being not only the foundation of it all but the very structure itself. The dynamite which will blow the home to atoms is composed of discord between husband and wife, giving the family affairs to the public, and the family control to the children.

The example and conduct of the father give the tone to the happiness in the home, when *he* eats "sour grapes," it sets the children's "teeth on edge." Many men carry their load of envy, hatred, disappointments, ill-nature, moroseness, coarseness and

ungallantries muffled in courtesy and pride, before the world, and pour it all out bare-faced into the home.

It is too frequently the case with individuals who are the life and attraction of every company they enter, are dull and silent, cross and snappish in the home; and the most genteel out in the world, are too frequently gross, coarse and even vulgar and abusive in the home. Their social charms, kind words, tender sympathies, ready gallantries, bright expressions, cheery smiles and downy mantle of charity are all imparted abroad, and only the rude, coarse, vulgar, morose, stolid, glum, and uncharitable are retained for use in the home. This too often is true among both sexes.

The individual who gives no kind word in the home, does not deserve any such bestowment; and the individual who does no kind deeds in the home, is unworthy of such gifts.

Many men will listen, exchange opinions, counsel, suggest with people, the management of business, which is in no way of interest to themselves or their homes, but when wife expects such the gentle rebuke she gets for her trouble is frequently a torrent of those adjectives which are very like the name of the place for the future punishment of the wicked which the good minister considered "not polite to mention."

There is no partnership entered into in which the "partner" is so unjustly treated as many men treat their wives. The partner in any other business enterprise—provided it is not the wife, is allowed or permitted to understand all the business interests and intricacies, and to share equitably the profits;—and an employe who has served long and faithfully is remembered with "vacations off" and the "holiday gifts," but wife gets neither "vacation off" nor "gifts." I do not say that every man so treats his wife, but by far the largest number do. There are great, grand, and good men,

who treat their wives as well as self, and believe them as good as self, but this is not the rule.

Due consideration should be extended to every member of the home. But the mother and wife are most neglected in this respect. The wife and mother's work is a wagon heavily loaded and without springs; her cares are excessive and waste life by over-stimulation, as well as hard work and over-exhaustion from giving off new beings, yet it is far too frequently the case that she is the last one thought of as needing a rest or recreation.

Labor and business with some men is a *disease*, and the intervals they spend in the home, those coming in contact with them must be eternally rubbing them with some soothing pomade, touching as tenderly and cautiously as if handling dynamite lest an explosion ensue; the children must sidle off in some secluded corner, not daring to converse with papa on any topic, or to expect any entertainment, sympathy, or encouragement from him. "Papa is tired" is the excuse, when in fact he is either ignorant of his duty, or a lazy shirk.

The most unpleasant husbands and fathers, the most unjust, and the most unduly exacting, are those who never associate in the home and hence know nothing of the cares and trials incumbent upon it.

THE HUMAN FAMILY WORSHIPERS.

The human family are worshipful beings, and every individual worships a *god*,—and every home has its throne at which it kneels. These gods, unlike the gods of the pagans which were wood and stone, hence effused neither good nor evil,—*these unseen* gods of every individual—of every worshiper, are moulding and directing the physical, mental, and the moral. Each worshiper constitutes a thread in the great web of life and their conduct, or life-work the woof completing

the fabric—and the moral, social, religious, and conditions of temporal comforts are the completed fabric.

A LOVE OF THE BEAUTIFUL.

A love of the beautiful is instinctive, and a cultivation of it is pleasing, profitable, and instructive. Nowhere is this more prominently verified than in the building of a home; the architecturally esthetic house, not only attractive but comfortable. Its handsome designs in furnishings, its elegant draperies, contribute to entertain and lend a refining and contenting influence to its inmates, and indirectly bestow health and happiness. The draperies and decoratives that may surround a home, of even the ordinary shrubberies, is elegant, and that of the plants and vines of the tropics, is simply enchanting.

The home is the material store-house of that which goes forth in the man and the woman. In the economies of nature there must be a generous supply of the best materials in order that the finest models may be evolved. "The rich blue grass of Kentucky makes fine cattle and horses;" sandy and rocky soils developè stunted cattle, and skinny and stingy owners, and niggardly surroundings evolve thorns where buds start to be flowers and fruit.

Courage is not an attribute of brutality, neither is the love of the beautiful an attribute of weakness nor prohibitor of the useful and necessary.

SUNDAY.

Sunday is the savings bank of human existence; it is God's special present to the human family,—a time for mutual communion of the father with his children. The Sunday is a three-fold blessing to the human family. Laying aside labors during the Sunday, permits of the members of the family coming together in social and mutual enjoyment, thus more firmly

binding the bonds of family affection. It also answers a grand purpose in the physical economy of the body, by replenishing the vigor, spirit, and elasticity which the labors of the last few days have drained away, and permits the vital forces to gather up their powers to fill the requirements of the next succeeding days. By a special communion of the Giver of the Sabbath day, additional light, hope, and aspiration are obtained, and the activities of life are pursued with a better confidence and assurance.

GOD'S MESSENGERS.

While it may appear in the history of nations and individuals, that the cup of their iniquity is full, the consequences are not means and instruments of God to accomplish any purpose of his indignation, as has been so largely taught.

Pestilence, what appears to be epidemic of sicknesses, is the natural consequence of causes, but which are not "especially sent" by the Supreme Deity as any special punishment upon us. Should we admit that these manifestations are expressions of God's anger or indignation toward the wrongdoer, the query instantly arises, Why visit these indignations upon those who are doing good?

Hail, snow, rain, earthquakes, lightnings, stormy winds and tempestuous billows, are actions of nature, as are also the absence of these, or quiet times.

Neither does the Supreme Deity select or elect any special individuals to administer any "rods of His anger."

It is quite true that these manifestations, especially when they manifest in great severity, attract our especial attention to the Supreme Deity, thus leading us to the contemplation of His wondrous works,—and reminding us to "*Be always ready.*"

MUSIC.

Music, that great harmonizer in all nature, holds an enchanting power over almost all of the human family, the mystery of which is difficult to explain. It has checked the wayward in his downward course, it has restored the shattered mind, it has prevented suicide, and restored to health the prostrated nerves. By music we are refreshed, rested, revived, and take up the oars of the life-boat with a feeling of new vigor and increased courage.

Music dispels bad humors, and the use of the narcotic stimulants, prohibits the intoxicating cup, and leaves the mind and nerves capable of better concentration on any work, mental or manual. It keeps out angry feelings, it soothes and uplifts, it quiets and tranquilizes ruffled nerves, it stirs the better nature, it refines it, thus providing fertile soil for hope. It banishes selfishness and brutalizing passions, it halts the wicked and causes him to think; it relieves pain, it comforts the old and inspires the young.

Its influence in the home is pleasant and refining, bringing out the better feelings of our nature, and lifting the spirit into the finer ideals of life. It brings and leaves pleasant memories, and draws and binds us nearer and dearer to the home. Its mystic harmony alike expresses joy, praise, gladness, mirthfulness, thankfulness, sorrow, sadness, grief, but each with that appropriateness and fitness to every occasion.

Philosophers have unfolded the hidden meanings of many things, but are mute before the little scale of seven sounds with their changes and combinations. The world has ever seemed full of music, and yet we have something new every day, but all constructed upon that little scale of seven sounds.

All humanity loves music, but what is the secret of its mysterious spell? So much has it embodied the being of our

happiness that but few occasions seem complete without it. It has its place in the worship of the Great Giver of the divine gift; mirth and gladness want it; it is the welcome guest of the marriage altar; and sorrow and sadness call for its mournful dirge.

Thousands of money are spent annually for the advancement and dissemination of the science of music, and the home is hardly well begun without some musical instrument as a part of its endowment.

There are but few households where there is not at least one member gifted with a talent for music, and wherever found it should be cultivated and encouraged. It is quite useless, however, to attempt to *make* a talent for music, for while by long and careful practice, one may be enabled to play in a mechanical manner, yet the thorough musician has music in the head and heart as well as the fingers. Musical talent is not made, but comes from above, a beautiful gift from God.

Musical talent usually manifests very early in life. Mozart's genius for music being so manifest at the age of 4 years, it is said, that he was placed under an instructor, also that at the age of 7 he performed on piano, organ and violin, besides being an accurate composer. Listz was placed under an instructor at the age of 6, and Jenny Lind Goldschmidt Nightengale at the age of three could repeat any song she had heard, and Adeline Patti appeared as a concert singer at the age of 6. Yet there are many gems that may remain unpolished till much later dates, and then give out the diamond brightness.

While vocal music may be begun at a very early age successfully, instrumental music must wait for physical development, at least to the extent of the fingers being of sufficient length for touching the keys and otherwise manipulating instruments.

I have taught pupils of all ages from 6 years old to 40. I find the children learn more readily and rapidly than those advanced in years. When a pupil has no natural aptitude for music, it is useless to spend time and labor to master the science of music. Mrs. Lily E. Baird-Tester, Irving Illinois.

[The above article was given to me by my niece, whose name is signed thereto.]

RECREATION.

“All work and no play, makes Jack a dull boy” is as truthful and applicable to the human family to-day as when first spoken. Monotony is one of the great factors conducive to the breaking down of health. Great activity of body and mind may be endured for a great length of time if recreation, rest, amusement intervene. Labor, care, misfortune, the frown, the awe, the fright, too prolonged study or attention to business, depresses and prevents normal action of nutrition and excretion, thus producing discord in the economy destructive in effect. The merry laugh, the kindly disposition, the play, the sing, the whistle, and cheerfulness, sustain health.

In the school room where the instructor has no faculty for interspersing a little pleasantry with the daily monotonous tasks, we find almost all sorts of morbidities developed and developing, and in addition, moral perversions and depravities. It is the same unhappy result in every condition and position in life when proper recreation and amusement are not provided.

MENTAL OCCUPATION.

An undeveloped and unoccupied mind is worse than an old ulcer to its owner, and equal to leprosy to the human beings around it. The evidences of our observations on persons around us are sufficient proof of this. The busy and contented

mind is conducive to health, good morals, and longevity, while the discontented unoccupied mind brings the opposite results. Each person should so arrange the time and duties in life, that that harmony which should exist in the body and mind be not destroyed, neither by excessive idleness nor over-taxation in mental or manual work.

CHEERFULNESS.

The spirit of cheerfulness is reviving and uplifting. It drives away the gloom and shadows that come over our mind leaving us happier for its genial rays. Cheerfulness imparts elasticity to the mind, and exerts over the disposition and intellect a powerful influence for preserving health.

Over all the acts of life it throws a charm, aiding its possessor to adapt his mind to his conditions, thus spreading its genial rays over the heart amid the trials and difficulties of the world, and is fit companion of hope. Cheerfulness banishes anxious care and discontent, it rounds the edges of the sharp sword, smooths discord, promotes digestion and refreshing sleep, and as the sun at even-time lines the thickest clouds with its golden beams, soothes the declining hours of life.

PROSPECTIVE.

The high-breds, so called, the dainty and luxuriously raised, do not possess that force so necessary to a well poised body and mind. Their plenty is made the parent of inactivity, and their luxury begets do-nothing and often vicious habits; hence a dwarfing of both body and mind, tending to degeneracy. They do not exert their bodily powers sufficiently to develop a fine physique, and retain a good mental equipoise. They may be busy, yet their occupation is not invigorating, and is deficient in wholesome impulse, a little crocheting, manipulating of the piano keys a little, and a walk to papa's shop or office,

or a game of base ball, an hour spent at reading, does not develop the robustness of a symmetrical body, and a clear and well poised or well balanced mind. Their digestion and assimilation are poor, and their blood is impoverished. Their chief prospective is a little pecuniary inheritance. Social excitement and stimulations are exhausting. They are a species of dissipation that one can no more afford to indulge in than any other dissipation, placing them on a plane with the poorest and lowest classes whom drudgery, drink and destitution degrade and degenerate.

It were far better that their foods were plain and wholesome, than the stimulating confections, and that their occupations encompassed more of the common laborer, or the hustle and stir of the working maid. This class will degenerate almost as rapidly as the lowest grades of life, while those coming from the middle class of life, possessing the best physical development, are well grown and comely, will rise, progress, advance. Through wholesome habits of living, and vigorous exercise, is the only means of attaining and maintaining physical and intellectual beauty.

MEASURE OF ATTAINMENT.

One of the greatest differences between people is found in the varying degrees of capacity for growth, attainment, expansion. Some attain full growth very early and never seem to expand in all after life. If the power to grow could be measured, the career of each life could be predicted to a nicety, but as this can never be done it must remain the uncertain element in every one's life.

There are many young people of great promise who never fulfill the pledge of youth, and many young people who exhibit but feeble promise reach at last the diamond of greatness. If we closely examine these shadows cast before, we will be led

to see that what has appeared to be great promise was arrogance, and what seemed to be feeble promise was, in fact, the real substance.

The capacity for growth is not only the measure of attainment, but lends great interest to life. Growing people learn something from everything they see, do or hear. Nothing touches them but it teaches them, and from the heaviest burdens get a something that compensates for their weight, and even sorrows bring out greater strength. The poise is not disturbed by the most brilliant success and the varied and endless experience of life never becomes monotonous, but on the contrary it is as replete with unfailing interest as the pages of a book which one constantly turns with keen anticipation. The power to grow is kept increasing by observation and the desire to know more.

EXPERIENCE.

The expertness of experience is a most powerful factor for success in any line of business. It gives that something that mind study cannot give, a culture that books cannot impart. It is the education of both mind and muscle that makes one a king in his realm. While theory is something, practice is more—it is that expertness of experience necessary to success, giving that “simple twist of the wrist” that makes every part of the business work together in harmony to success. Skill does not always result from genius—genius is not always rewarded by skill, only by working together, by hard study and practical application. If you would know the value of the expertness of experience, try your hand at untrained labor or business, your products will be in ludicrous contrast to the products of the trained hands of a master. The master of every vocation must possess that expertness of experience necessary to success.

HARD WORK.

A great many people imagine themselves busy and exploit that they are hard worked, who in fact to simmer down their whole week's work it would not average out two hours' work daily. If confusion, the chattering to this one and that one, the going here and there, the trailing about nowhere in particular but everywhere in general with no time for anything, and nothing ever done, the gaping and staring at what some one else is doing and never doing anything themselves, constitutes hard work, it is a marvelous wonder that a grand army of people are not dying suddenly from over-work every day. The real fact is that there is probably one in five hundred that is really doing a day's work—and they are not the ones who are dying from over-work either.

Work is health producing. It is an equalizer in the economy. Vigorous work forces off and out the wastes of the body, and cleansing it out, relieves depression by removing the wastes, and thus favors the *spring* in life—the gathering up of life's energies for continued work and being.

The break-downs that occur in the prime of life are not the result of intelligent systematic work. Plenty of honest, vigorous work is not only an essential to physical good health, but it is a most excellent moral purifier. God knew quite well what he was doing when he placed the human family in the world in a condition necessitating vigorous manual labor or work, to provide their temporal needs. Abundance of vigorous manual work is a prime safeguard to a nation's moral purity. There are a large number of stuffed people—a kind of automatic species, who only move when forced to do so, but these are not workers.

OBSERVATIONS.

The ghastly, sickly, sentimental literature, in many forms and under various guises is destructive to the good morals of not only girls but boys also; but the greatest source of evil-producing is the newspaper. The blood-curdling falsehoods that fill the columns of a class of them, at least, that flood the country, are hot-beds of crime, and their production should be prohibited. Besides educating the growing youths to crime, by magnifying and misrepresenting, influences for harmful purposes, honest and unsuspecting adults. Such publications by wrongfully and unduly influencing the public into criminality, commit a felony, and should be so punished by law.

There are many people who believe most everything they see in newspapers, that, to give these some light to enable them to discriminate in admitting literature into the family reading, I copy from the Med. World, July, 1878, the following: "At a dinner given the members of the press in New York some time ago, a journalist was called upon to reply to the toast, 'An Independent Press.' Knowing we have no independent press among the powerful papers of the nation, he for a long time refused to reply, but being insisted upon to do so, said: 'There is no such thing in America as an independent press, unless it is out in the country towns. You are all slaves. You know it and I know it. There is not one of you dare express an honest opinion. If you express it, you know before hand that it will not appear in print. I am paid \$150.00 a week for keeping honest opinions out of the papers I am connected with. Others of you are paid similar salaries for doing similar things. If I should allow honest opinions to be printed in one issue of my paper, like Othello, my occupation would be gone. The man who would be so foolish as to write honest opinions would be out in the streets looking for

another job. The business of leading journalists is to distort the truth, to pervert, to vilify, to fawn at the feet of Mammon and to sell his country and his race for his daily bread, or about the same, his salary. You know this and I know it, and what foolery to be toasting an independent press. We are the tools and the vassals of the rich men behind the screens. We are jumping jacks. They pull the string and we dance. Our time, our talent, our possibilities, are all the property of other men. We are intellectual prostitutes.'"

TIME.

Time is the estate out of which all workers carve whatever inheritance is left their successors, let that be great or small. Every day of our lives should be used with that sincere consciousness that our days are numbered, and that the night comes when no one can work. Time is the *warp* of life's work, and that accomplished by each individual in deeds, or words, constitutes the *woof*, finishing the fabric. These materials are to the greatest extent, one's own choosing; and the fabric, when finished, is of value in proportion as the materials were well selected, and the work well and carefully executed. The weaver may sluggishly and carelessly execute, or, may "beat" the well chosen "woof" firmly into the "warp."

Time is ever rolling on, and the shuttle is as constantly darting back and forth, and whatever you have placed therein is leaving its traces—is a permanent thing, and what you have purposed to accomplish will be the result.

The yesterdays can never be recalled, the tomorrows never get here; *today* only is ours. As each day is passing into yesterdays, let the engravings upon its marble face be something good, useful, and instructive. In the moments of todays the fragments which make up the sum of successes in any pursuit,

occupation or calling, are gathered, if gathered they ever are. One great tendency of a large number of the human family is to drift aimlessly along—very like a handful of mixed rubbish thrown upon a stream of water—drifting along only by force of the current, thumped, bumped and jostled along by whatever chances to come in contact with it—with no higher aim, no other object in view, no more desires to better their own condition, or any other of the human family.

While the school room is essential and must ever have its place, and is, and always must be given credit due its great work, yet many of the greatest attainments have accrued from the use to which the odds and ends of time have been put. In merely the fragments of time languages have been mastered, trades and professions been learned, inventions worked out, good books written, as well as many other valuable benefits.

The individual who uses his time best, is not only the most comfortable, but the happiest.

That an individual performs manual labor to earn the daily bread does not bar from intellectual improvement. There are odd times in every life, and if even part of this time is daily devoted to reading, writing, music, painting, or any similar attainment, great proficiency may be obtained.

Physical exercise is absolutely necessary to healthy mental development as well as the assurance of physical health, and for this purpose nothing equals honest labor that is productive of good results.

Very early in youth is the proper time to begin the preparation for life's work. It is not only the time for mastering the primary elements of the sciences and arts, through the study of books which give the keys with which to unlock the great storehouses of knowledge, but the proper time to begin the development of the higher faculties and repressing of the baser

passions by the influence of the will. The better principles increase in strength and beauty as they are exercised; also the baser or animal passions increase by exercise, and if the animal passions are permitted to go on unrepressed they will gain such preponderance over the higher faculties as to render not only this life a wretched failure, but unfit for the better life to come. In youth character, either good or bad, is developed which endures throughout eternity.

Character is what you *really are* and *make yourself*; reputation is what you are *thought* to be. Reputation is a prop; character is both foundation and structure.

All knowledge is not gained in the school room; neither is character formed altogether from the examples and influences of home. Other companions and associates, and the reading matter, supply a great amount of influence, and in many cases completely overshadow the examples and influences of the home. Hence great care should be taken in the selection of associates and reading matter.

There is no person so insignificant as to have no influence, and whether great or small, good or evil, contributes to form the condition and character of, not only the present generation, but the future generations to come.

The people of the present century is the fruit formed and ripened by the culture of the thousands of centuries gone before; and as they have contributed to the present, in like manner the present will contribute to the future.

No individual or generation stands alone; each is a component part of a system of mutual dependencies, the several acts of which either increase or decrease the human good, not only for the present, but forever. This is in harmony with the history of the world from the beginning to the present, and will continue till the end of time. The acts of no person utter-

ly die; though the material body resolves to dust, the deeds whether good or evil continue to bring forth fruit after its kind, thus influencing for all time to come.

Every human being has a soul till it is crushed out, and when the soul is crushed out they consist of body only; this class forms a dangerous element of society, and they are found in almost every position in life. What I mean by killing or crushing out the soul, is the destroying of the divine element of our being. A soulless person is hopeless, the brake which checks the retrograde is destroyed.

GETTING ABOVE ONE'S SELF.

Many individuals choose some special kind of work, occupation, or profession, and very frequently without considering their natural aptitude or even acquired fitness for it, and will not engage in anything else, no matter live or starve. There is a large class who like to appear "professional, you know," and quite a "business" personage, when in reality their chief profession or business consists in living at some other body's expense.

In the education of boys and girls one of the chief things that should form part of their education should be that they should never feel above performing *any honest labor* necessary to supply their temporal needs. In manual labors necessary for preserving and conducting the home economy both boys and girls should be familiar with every detail, and be able to perform what is necessary to be done. Also, in caring for the sick.

I have been astonished at the amount of filth a man will enjoy rather than put his own hands to clean up, even after his own making, excusing the situation by stating that "*there is no woman to do the work,*" the wife or mother being sick.

Especially do men and boys seem to consider that they should be either dummied in the home servitudes, or honored personages. There are a few exceptions to this, but this describes the greatest number.

There are many occupations or professions, that appear to continue in vigor, while there are some in which the vigor wanes—the life appears to go out. They have lived their day of usefulness or their demands are supplied, or there exists no farther demand, thus necessitating the turning of attention to some other occupation to secure the needs or necessities of life.

It neither indicates goodness nor intelligence to sit Micawber-like, or refuse to seek another field of labor, when such conditions present.

OBSERVATIONS.

It is said that the Chinese physician when called to see a female patient, only sees her hand and feels her pulse, deeming farther than this immodest,—America's women's missionary societies send missionaries to China. Comment is unnecessary.

“Hindoo women, who remain faithful observers of a religion and customs many centuries old, prefer death to consulting a medical *man*”. [Can. Jour. of Med. and Surgery.] This quality seems never to have been imported to America nor to have been found native here, neither from religious views, custom, nor from a sense of modesty. Hindoo is imposed upon by enlightened(?) American Christian(?) missionaries!

NURSES.

Nurses, or persons to especially care for the sick, are a necessity,—always a necessity in caring for the sick in hospitals, and though usually in families the nursing is done by members of the family, occasionally this cannot be done, and

a nurse must be obtained from other sources. Many of the old, fat, lazy, awkward, and clumsy, who so commonly drop into posing as nurses, matrons of children's homes, etc., because of their lack of fitness for anything requiring intelligence and competency, and whose only qualifications consist in the above named qualities and ample ability to gossip, which with egotism, make sorry adjuncts to the sick's chamber and are generally more harmful than good. However, there are some competent nurses to be obtained. If the attending physician is a competent one, he or she, can so direct the necessary care of the sick in families, that some member of the family or very intimate friend can acceptably nurse any patients in the family homes.

SCHOOLS.—THE PRODUCTS THEY SEND OUT.

From the progress made by our children in school, the time consumed, and their incompetency for *anything* in reality after so much sacrifice of time expended, and suffering—yes, suffering; I must say children suffer almost torture in many of our schools, both physically and mentally—it appears that the result does not pay for the effort. Much of the product consists in destruction of health, distorted morals, undue discouragements and a general nothingness. Teaching school is claimed to be “reduced to a science,” but the “science” consists in retarding the progress pupils can and would make if permitted to do so.

The school system of study seems to be based on the capacity of the stupidest pupils, and all others must crawl because the stupid ones cannot walk, thus completely preventing those who could and would advance and attain proficiency from doing so. This is a robbery that can never be repaid. Much proficiency is exhibited in scientifically withholding the real principles necessary to successful progress in the different branches taught. Especially is this true in the city schools,

colleges and universities, and the text books treating on the various branches are stretched out to conform to this plan, the pupil being forced by the machinery of the school to wade through every step of mire before advancement is permitted, no matter how early he may have been able to collect out the little substance to be found.

By this method from ten to twelve years of the pupil's time is consumed in attaining what any boy or girl of ordinary intelligence can attain in two years, unaided, if permitted to do so.

Arithmetic certainly requires considerable practice to make the pupil perfect and quick at computation, but as it consists entirely of the application of the four rules, why waste so much time over text books and abstract propositions and problems, thus keeping the pupils from the practical knowledge so long?

Geography, which is very largely a matter of memory of the eye, is inflated to extend through from three to five different books, by the use of which pupils go again and again over the same lessons, obtaining in the end no more than they would get by a few days' deliberate study of an atlas or set of maps.

It certainly appears from the fruit given forth, and the time consumed in endeavoring to mature it, that the science of grammar is yet in a morbid condition, or bordering onto a state of chaotic; or, it may be that the genius of some people is getting vent through putting asunder what God has joined together, from their indisposition to enter into work more productive of good to human kind. There is an immense amount of time devoted to linguistic anatomy, surgery, and dissections, but there are very few of those who have so long applied themselves in this study, that can apply the principles of this science in such a manner that they habitually write and speak cor-

rectly. The pupils pore over text books brimming full of definitions but embodying so little intelligent instruction and that little so disguised, that frequently the teacher indulges in practicing more and greater diplomacy to avoid being intelligently questioned regarding the lesson, than is displayed in giving the necessary information. Yet in this entanglement which is continuing and becoming more and more dense, pupils are ground on though feeling sensibly the bewilderment, and come out but little bettered by the struggle.

Reading, writing and spelling are as successfully made failures of. So much of such fruitless effort imposed upon children causes them to lose both spirit and impulse, sours their dispositions, and causes them to despair. Thus thousands of hours of the most precious seed time of life of millions of children is spent in attaining *nothings*.

Stepping forth into the great arena or sea of life, after having thus spent half their life, (which it requires by the methods of instruction in use in the "get through" these schools,) and having gathered so little, young women and men find themselves unfit for any place in the struggle of life. Not having gained the tools with which to hew out the structure of their building, they must begin life anew as it were, and undo and do over so much of this primary work that should have been the foundation and tools, and looking forward seeing so short time left them to accomplish any great amount of completion, they become discouraged and attempt nothing.

Much time is spent upon children in the school room to develop or grow that incomprehensible and much lauded something called *talent*, little of which is found, and when found does so comparatively little for human good. When found, to develop it is good, and perhaps necessary, but *tact* is essential to success in any position.

Talent weighs down with self-importance, it shows with its forms of training for reaching conclusions and acting. Ere it is ready to perform, tact has seen the goal and plucked the harvest. Tact is useful everywhere, slipping into places with sweet silence and glibness while talent comes by route, arriving in time to see tact triumphantly bearing off the laurels. Tact, ever keeping an eye on the weather-cock, is ever ready to take advantage of every wind that blows. It unravels mysteries, surmounts difficulties, and removes obstacles.

Talent, trusting too much to its training, drops into the awkward squad, while tact, never looking wondrous wise, seems to know everything without learning anything, dexterously plays with the details of place, loses no hint, strikes the right nail on the head, sees everything, hears everything, judges quickly, acts readily;—it is ready cash, it is obeyed, honored and respected,—it converts, it leads, it commands—it makes a way.

OBSERVATIONS.

The well fed student can study harder, see and understand more clearly, and will come out of school better equipped for the battle of life than the hungry Cassius, who is not permitted to have sufficient food to supply force to run the engine that is being drawn upon with electric speed, or to keep a smooth road to run on.

In mental work, in all periods of life, in proportion to the quantity and rapidity of the production—the mental work—study, the engine that supplies the *force*, that gives out the product, must be supplied with material for consumption, and this must come from the well nourished body. And in addition, to preserve this force, the body must be well clothed and well housed. It is a great mistake to presume that a half starved, shivering, freezing student can study. I do not wish

to be understood as meaning that feeding should extend to *cramming*. I simply mean that feeding should extend to satisfy hunger. The plainer the foods the better; stimulating, highly seasoned foods should not be indulged in.

A classical education should be obtained if possible, but on the present plan in schools, universities and text books, so much slush must be waded through to find the kernel that the student's lifetime is far exhausted and the task becomes so disgusting that it requires not only a great amount of courage to undertake the task, but also to pursue it. A classical education, minus its abundance of slush, is an elegant adornment in any pursuit of life.

The demand of the age, however, is for *practical* people who are *fitted to do something*, who have a knowledge that is of *some utility*, for practical mechanics, architects, managers of large enterprises, engineers and inventors, and not for scholastic pundits. The age demands swifter speed for reaching results, and means for shortening distances, and whoever is able to produce these results is the hero—the hero wanted.

“Book education”, however, is something to help each to perform his part in life better than could be done without it, and the broader and more liberal the education the better. It enables to display genius to the best advantage and to use talent to the best utility. The present plans, however, for studying Latin and Greek are so vague that years of hard study amount to but little more than lost time.

“Heaven gives no stamp: Misfortune's tide
Brings prince and peasant side by side;
And who can tell the monarch when
He ranks and herds with other men.”

“Strip off the robes of purple dye,
Throw all the peacock trappings by,

And nothing more than man is found;
And often less—some scorpion worm,
That crawls and stings in human form;
Some upright brute, whose ruthless might,
In covert of a regal den,
Lays waste all mercy, sense, and right,
Defies a God, and tramples men.”

M. Bertilon observed that the pupils of the Polytechnic School of Paris who were not smokers of tobacco held the highest rank in grades, and that the smokers deteriorated from the time they entered until they left school.

SCHOOL TORTURES.

Certain rules are laid down to be carried out without variation, regardless of the discomfort and sufferings they impose upon pupils. One prominent feature of this species of torture is the habit of teachers of compelling growing children to bring the calls of nature to the teacher's prescribed time of permitting them being answered, strictly prohibiting these answers being made during study and recitation hours, and if a pupil is compelled by forcible demands of nature to make requests to answer these calls during study and recitation hours, a further torture is imposed by being yet further detained a half hour or more.

And if these requests are made shortly after a break-neck run to school, or the great activity in play, or exercise upon the school grounds, the idea at once appears in the teacher's mind that the pupil makes the request to avail of opportunity to play truant. This is due partly to the ignorance of the teacher of the natural habits of the human economy, and partly to a pompous desire of showing “authority,” and he takes special gratification in exercising this species of morbidity.

Boys suffer more from this species of torture than girls, as their games and amusements require more active physical exercise. Active exercise promotes excretion, and exercise and excretion are equally as necessary as nutrition in keeping that harmony in the economy of the body so essential to mental development and growth. Shortly after exercise nature demands due attention to her needs, which, if not granted, is destructive to health, gradually undermining the health of the best constituted girl or boy, developing in some species of break-down, mentally or physically, or both, thus laying the foundation of mental and physical invalidism for life, or frequently snapping out life, sending thousands of children to untimely graves.

While it is admissible that a teacher's patience is sometimes tried, and that the keenest judgment exercised in granting requests of absence from the school room is sometimes imposed upon, yet it were far better that three-fourths of the pupils stepped out occasionally without reasonable excuse rather than work such destruction on the large numbers upon which it is done.

Failures in lessons are far more largely due to the bad effects of this torture upon the general health of the pupils, than to a lack of natural ability and willingness to work, or study, than is generally believed.

Pupils suffer intensely from the temperature of the atmosphere of the school room. While it is supposed that the temperature of the room is kept at a mean degree to average a suitableness to all, yet great mistakes are made in individual cases. The lymphatic and fat ones suffer untold sufferings from this mistake. The lymphatic constituted child sits all day chilling,—freezing through and through, in the same atmosphere that the one whose system is chockful of *fat* (the lymphatic, full of water)—firing up *his* engine to a red heat,

is too warm, and is thus made too restless and fidgety for either comfort or study.

These are only a few of the items of school room tortures for which it is the duty of parents to demand proper regulation for the safety and best welfare of their children.

VACCINATION.

When any theory of medicine or operation in surgery is enforced upon the people, their inherent right to govern and control their own bodies according to the dictates of their own consciences is wrested from them, and in this vaccination, an evil is entailed upon the people there is no possible means of atoning for. The rights of parents are usurped and the sanctity of the domestic circle is invaded, giving vile pollutions instead of a good adequate return. Medicine is far, very, very, far from being an established science; it is constantly changing, the practice of to-day being no more like that of a century ago than day is like night, and though changed, and slightly improved in some respects, in many ways it is reverting back to worse voodooism than the darkest ages ever knew.

Just as mercurialism cleaved the flesh from the bones and made the bones to rot, and living bodies to become charnel houses till the stench filled the world, and from which it will take centuries to redeem, so vaccination has permeated every avenue of human existence, till the blood of the inhabitants of the vilest slums of the earth—the libertine, the thief, the murderer, drunkard, or what-not, has been forced to flow in the veins of almost every pure family extant, thus working destruction to those operated upon, for no other purpose than to enrich the pockets of the promulgators of the vileness upon so-called free people.

The bleeding mania, under this same mask or cover—science, turned more money into the physicians' pockets, of those who practiced it,—millions of times more, than from *all honest sources*; and sent an equal number *more* of people to an untimely grave than have died from all causes of disease and accident combined. The same is true of the faddists of today.

Syphilis, leprosy, and other diseases have been so thoroughly disseminated that their impresses are daily met in scrofula, syphilitic consumption, and various other forms of premature decay, and thousands of infants die annually from the various developments of these diseases which mark the faces and bodies of the growing youths, and are the fountain source of the old sores of the aged.

Vaccination as a prevention of smallpox or *any* type of disease, is a delusion. It is just as intelligent, just as truthful, to claim that by inoculating a portion of a dead cow body or a dead human body into a living body will produce immunity from death!

The laws of the land make it a penal offense to associate with brutes, yet they compel the human family to submit to the festerings, pus-putridness being inserted into their bodies, thus poisoning their blood with the vilest of all contaminations, sacrificing thousands of lives annually.

The following was taken from reports presented to the then emperor of the French, in 1867, by the Paris Academy of Medicine: "Dr. Ducharme, a first class aid major of the first regiment of voltigeurs of the guard, engaged with great zeal in carrying out the instructions for vaccination. He said: 'After the medical inspection in 1867, of the first regiment it was decided to practice re-vaccination. I chose youths of rosy complexion, sound temperament, and free from acquired or heredi-

tary disease. I completed a first series of operations on the third of December, 1867. The number re-vaccinated amounted to 437, when toward the end of 1868 a small pox epidemic in a highly confluent form broke out in the regiment. This epidemic made many victims, among others one of the infirmiry assistants, who died in the hospital of Gros Caillon. To what ought we attribute this epidemic in the regiment in which 437 re-vaccinations had been performed, when the hygienic conditions, as space, ventilation, and food are excellent; when in the second regiment of voltigeurs, lodged in precisely similar barracks, in the same court, but on whom no vaccination had yet been made, not a single case of small-pox existed?' This authenticated admission of the risks of vaccination was confirmed by parliamentary Returns 433, dated 1877, and 392, dated 1880."

"Dr. J. Mackenzie, S. F. C. P., of Edinburg, reported of himself to have taken small-pox after having been vaccinated and was wearing grand marks on both arms. And also that he had seen scrofula, and bed-ridden cases of abcesses as its results."

Prof. J. Dobson, M. D. F. R. S., of the United States Medical college says: "It has been my lot to know of hundreds of thoroughly vaccinated and re-vaccinated people to die of confluent hemorrhagic small-pox, with various dangerous complications. I have also known large numbers who were vaccinated into small-pox itself, and die of the disease." "And his *convictions born of personal* observations and experience are that vaccination has proved a curse, a *delusion a miserable cheat, that has never been surpassed by the vilest charlatanism.*" And there are not many observing physicians who cannot give like or very similar reports. The writer has seen some of its very destructive and poisonous results, and

no few of the *made sicknesses* which result from its implanted virus.

By means of vaccination every family in the land is being poisoned and tainted with that most loathsome of all diseases, *syphilis*; and, under cover of reported statute this invasion has been, and is being repeatedly forced into the sanctity of our homes, poisoning the blood of our sons and daughters. The best of the medical profession are of the same views as myself in this matter; every carefully observing physician condemns the vile fad, and feels the bitterest regret that vaccination was ever permitted in our country, and more especially when looking upon its victims and seeing the traces of this destructive work manifested, and manifesting on every hand,—the syphilis, leprosy, suppurating sores, “cancer,” and various repulsive diseases, that will “take,” start a sore, or process of rot. These diseases inoculated into the system may lie dormant till puberty, and then bloom out with its ghastly aspect.

PEST HOUSES.

Pest houses, as constructed and conducted, are an eye-sore to civilization, a blot upon humanity, and a shame to boards of health and medical science. Small pox is produced by a poison generated within the system of pent-up excretions seeking elimination, and to corral such patients into small, close, ill-ventilated rooms jostled together, thus compelling them to re-absorb and re-inhale the poisonous emanations and vapors given off by their bodies, greatly enhances the chances for fatality, and is a crime and should be so treated.

If these patients must be quarantined, suitable hospitals should be provided, healthily located, and hygienically appointed, where they may be properly cared for, instead of committing them to charnel houses to die, because of lack of

human principles, and courage to care and provide for them intelligently.

Infectious diseases depend almost entirely upon good nursing and hygienic nicety for recovery, and it is both injurious and barbarous to deprive these patients of these necessities.

The evidence that quarantining, as practiced, is of any value in preventing the development and extension of the so-called infectious and contagious diseases, is wanting, there being no reliable, corroborating testimony that quarantine checks the development, but the abuse put upon those affected, causes greater severity, suffering and greater fatality. Removing these cases does not remove the cause that developed the case, and gives no assurance that other cases may *not* develop. The place for these patients is in their homes and places of abode.

The right of families to keep their sick in their homes and care for them, should be protected. It is much safer for the patients to remain in their own homes. Removing these patients from their homes after any so-called contagion has developed, gives no assurance of prevention of disease to other members of the same family,—the causes which provoked the development of the one case, may influence the development among any other members of the family, or any one in the locality where it is manifested.

LOVE OF THE MYSTERIOUS.

From a love of the mysterious a large per cent. of the human family will eagerly grasp at anything savoring of mystery, and the more deeply enshrouded in mystery that something, or nothing, is, the more eagerly possession of it is sought and the greater the sacrifice to obtain it. Not, however, with that desire to unfold and search out from the meshes of its mysticism the *real substance, being, or vital import*, but rather from a

kind of self-satisfaction of possessing the "mysterious," which satisfaction consists in possessing something they "don't know."

This is prominently manifest in every phase of life, but in medicine and with the religious sects it holds a most prominent place, both physician and minister succumbing to its enchantment, and many by poise of body and head, expression of face, and, generalism, display an air of gravity of wisdom, of having knowledge that cannot be attained by the "common herd," and assiduously cultivate to popularize the impression as fact. And many physicians if approached by a person wishing to learn, or, a hint is given that the person has learned something, at once snub the bold intruder; and, likewise many ministers give but little better treatment. And this too, even when that which the lay-person has learned is more valuable than the knowledge of the physician, and even though the unprofessed christian may have attained a greater understanding of the spirit and import of religion than the minister. There is a selfish love, or egotism exhibited by many, in imagining they possess a something unattainable to others. They look upon those *others* as inferior, in fact. These characters have simply been unable to avoid becoming the victims of this deception themselves.

Examine the millions and millions of pages of the common works of medicine and they will be found filled with theories and mysticisms which serve no good purpose in the study of disease or the selection of a remedy; and so with the sermons and theological effusions on the salvation of the soul of man, both of which when boiled down to the quintessence of the substance of the light obtained, are as meaningless as an unwritten page of history.

The diplomatic physician takes advantage of the incredulity of the people—their unreadiness to believe and receive *sensible* and *intelligent facts*—and magnifies little hills into monstrous

mountains, advances all sorts of mysterious theories, gives all sorts of ridiculous advice. And the sermon embodying no particle of sense, but delivered by the sensational minister, "holds the crowd." To cure this disease, use sense.

FACTS AND FALLACIES.

MIASM.—MALARIA.

Miasm, malaria, is a myth, with no foundation whatever of truth or substance. These are simply terms that cover up ignorance and fill places that would be void, though they are largely used to make the appearance of being learned. No chemist or microscopist has been able to define, analyze, or demonstrate what that thing called malaria is composed of. It is simply a product of the imagination, has no form, density, or substance. There is no such thing, cause, or force, and it is the embodiment of ignorance to assert that there is. Five-sevenths of the ailments of the human family, are attributable to that incomprehensible thing called miasm, and the remainder to infection, contagion, heredity, all of which is an unintelligent explanation of disease.

There are so many of the theories advanced, and have been advanced, and so forcibly promoted, under the assumption of science, which are such plain monstrosities of error, that it is a shame that should force science to retire in great humiliation, and disgust with self. Under its banner thousands were bled to death, thousands were murcurialized to death; and starved and caused to die from thirst,—not being permitted to eat or drink; and were blistered for every trivial

thing, were forced to drink teas made from the debris from the cow-yard, the hen-roost, and the sheep-fold; and the latter-day-science adds other animal rots.

When so called contagious diseases, are attributed to a mysterious something called *contagion*, but what it is, or who keeps a stock of it bottled up and lets out a "start" of the thing now and then, is impossible to find out, or *where* the thing may lurk in hiding. People drink daily of waters from rivers that are thoroughly impregnated with various offals, and yet do not die from it, while physicians abuse people for what they call "filthy surroundings" which make them sick.

The fallacy upon which Jenner rode to notoriety, is another gross fraud, as has been proven thousands, and numberless thousands of times. While Jenner is worthy of the credit of possessing the tact of seeing what great capital he could make of his vaccination vandalism,—that is the only discovery he is worthy of.

The real substance of the observations of the dairy girls, of whom Jenner stole thunder, simply verified the old, old, knowledge that was known from time memory reacheth not to when it was not known by every "old woman," which is simply that sweet milk or sweet cream applied to many suppurating sores will cure them.

There is not one remedy prescribed that its real relation as a curative agent is understood. People take medicine and get well, and it is taken for granted that the medicine cured them. Theories are lauded that have no particle of sense in them; the more lauded the more tenaciously they are clung to.

HYDROPHOBIA.

That the disease called hydrophobia, is a delusion, the writer has been convinced of for more than 25 years. I have never in all of my life either seen a mad dog or a person with hydrophobia, neither have I met one individual who has. By searching the most reliable literature on this subject, I find the most intelligent class of physicians, of the same opinion as myself, and, also, that they look upon the whole edifice of Pasteurism as a bold species of quackery, its sole aim being for his own financial interest only.

The exaggerated printed and oral accounts of hydrophobia, have been kept before the public in such nerve harrowing shape and the public mind has been so wrought up, especially the ignorant class, that the bite of a dog is sufficient to throw them into almost any kind of phobia-fits.

“Dr. Joseph Harn, Professor of clinical surgery in Jefferson Medical College, says, ‘that the bite of a dog is no more dangerous than the scratch of a pin or the puncture of an infected nail.’” “Dr. Charles Dallas, lecturer on History of Medicine at the University of Pennsylvania, after an exhaustive investigation both in the United States and Europe, is reported to believe there is no such specific malady as hydrophobia, and that not a case on record can be conclusively proven to have resulted from the bite of a dog.” “Out of 2,668 persons bitten by rabid dogs and treated at the London hospital, not one developed hydrophobia. St. John’s Hospital, London, treated 4,000 patients bitten by mad dogs, without a single case of hydrophobia.” These facts are plain, these scientific quacks are simply pillaging the public.

Dr. Edward C. Spitzka, the New York specialist, is reported to have remarked: “That much of the observation of suspic-

ious dogs is made through optics disturbed by fear, and by persons incompetent to interpret what they see." He is reported to have made untiring efforts to get hold of a single case of rabies in man or dog, for purposes of study, but without success. These evidences are sufficient to prove that there is no such malady as hydrophobia, but I will add a few more, in farther support of hydrophobia being a delusion. The following is gleaned from an abstract of an address delivered at a meeting of the Nottingham Medico-Chirurgical Society, March 18, 1887:

"The speaker defined hydrophobia to be a 'dread of water,' a mere symptom, and the rarest of diseases—so rare that it is difficult to find a practitioner who has ever had a case—so rare that our great provincial hospitals are for twenty or even thirty years at a time without a single case—so rare that according to the doctrine of chances, a man is far more likely to be kicked to death by a horse than to die from the bite of a dog, far more likely to be murdered than to perish from hydrophobia—so rare that Mr. Holmes Coote, in thirty-five years' experience, only saw two cases at the great St. Bartholomew's hospital, London—so rare that in a million deaths only one can be attributed to hydrophobia, and this is always a doubtful one."

The dog is said to have no dread of water, and the symptoms which are said to characterize canine madness, are said to be conspicuous by their absence in the human subjects. If Baron Larrey's (the great French surgeon) observations may be counted for worth, conclusions must be made that anything that will produce nerve-shock will produce hydrophobia. Baron Larrey is said to have reported to have seen numerous cases of disease like that called hydrophobia, caused by gun

shot wounds, among the soldiers who fought in Egypt at the close of the last century.

The symptoms said to accompany hydrophobia, are very like manifestations of delirium that sometimes exhibit in severe cases of sore throat, fevers of various types, diseases of the stomach, alcoholism, lock-jaw, epilepsy, etc.

“Mr. Scorborio, owner of a large home for dogs, is reported to have been ‘bitten hundreds of times.’ There are thousands bitten of which no notice is taken, and in which cases there are no deaths, and the licking of dogs is of daily occurrence, and Prof. Horsely is reported to have said that that is more dangerous than a bite, and yet where are the cases of hydrophobia from it.”

Dr. Dolan, claimed to be an exceptionally experienced authority on hydrophobia, and who compiled an elaborate series of statistical articles for the *Medical Press and Circular*, is reported as saying, “the success claimed for M. Pasteur is due entirely to the fact that he had been treating patients who had been bitten by non-rabid dogs; he has treated a number who had not even been bitten, but had been licked by dogs; he has even injected with bouillon persons who were never bitten or even licked, but submitted to the process through mere curiosity.”

“Youatt is reported to have been bitten seven times by dogs under treatment for rabies, and knew of four hundred persons similarly bitten, none of whom experienced any ill-effects.”

The saliva or spittle that might be conveyed to a laceration or wound is both curative and antiseptic, as any one may observe from watching the healings follow the dressings of saliva or spittle applied by the dogs to *their* wounds.

The variations in the placements of the time of a patient's safety by the different authorities is amusingly ridiculous, some

placing the time at twelve months, some at two years, and others at fifteen years. The query naturally arises: Where does the poison or virus remain all this time? And, what is necessary to develop it? The snake bite, that is supposed to kill, does its work in short order, according to reports. And, according to some excellent observations of the human bodily economy, especially must the mystery deepen when we must consider that by wear-out and natural decay we cannot believe that there is one single particle of our body remaining with us such length of time as fifteen years, nor anything near that time, and that even by the natural laws of elimination it would have long since been completely eliminated from the system.

THE DIVINING ROD.

The divining rod, used by men for discovering the location of underground water for purposes of digging to obtain it, is not quite so mysterious as the mad-stone, as the stick or divining rod's tricky maneuverings can be, and are too well known to attempt secrecy, and it is not often at this age of the world that it ventures out on its pranky parade, and that we hear of those mysterious discoveries of underground water locations being made for two dollars and a half to ten dollars, as of yore. It is not necessary to describe its maneuverings in these pages. I will simply advise that you try the trick of turning the forked stick in your own hands and you will be able to do as much in the discovering line as anybody else. This, I believe, is one of the fads that the "old women" do not place claim to.

THE MAD-STONE.

The existence and wonderfulness of the "mad-stone" is a remembrance since memory sprang into existence, with everybody, almost, for many decades back. I have not had the

honor of viewing one since I was about eight years old, hence I cannot call to mind anything specially peculiar in its appearance. However, I have read much of its wonderful power to draw out or antidote poison of the mad dog's bite or snake bite. I have never learned of what the special or peculiar property consists in. That part seems never to have been discovered, or at least not to have been "given away." Perhaps this part is kept secret from the fact that should it become known all the virtue would go out of it and its utility would cease to exist—at least its mysterious charm might be broken or become extinct; or, some enterprising scientist might go to manufacturing it, as the scientists are manufacturing horse serum rot and "break" the market.

Whether or not there is any more virtue in it than in any piece of porous clay is not known, neither can it be emphatically denied, as investigation to ascertain has not been satisfactorily made, and until this is done its wonderful properties, or no properties, must remain hid in surrounding mystery.

As near as I can get a description of the "mad-stone" it resembles a piece of porous wood and is small in size—"about two by two, and a fraction over one inch thick." Its special color I have not learned. I remember hearing of many of them many years ago. I presume since Pasteur's horse serums are out that the mad-stones have become unfashionable.

How its virtue ever became known I fail to find anything reliable to give this information. I will have to leave the readers to surmise. We can hardly presume that science made the discovery, nor hardly that some old plantation slave, nor yet some "old woman."

ALCOHOL.—ALCOHOLIC DRINKS.

Alcohol is not found in nature, nor provided for as a necessity in animal life. It is not a food or nutrient, does not give

additional power, but destroys, depresses, and breaks up normal life. It decreases the functional activity of both body and brain.

The circulation of the blood to the brain and all parts of the body is at first greatly accelerated, according to the amount taken, shortly followed by great depression and exhaustion, showing conclusively that no power was added, but instead that a greater strain was imposed thus giving the result of increased exhaustion.

It impairs the hearing, it blurs the vision, creates hallucinations, it deranges taste and smell, and destroys the powers of perception—the sense is blunted—palsied, and impressions conveyed to the brain are imperfect and misleading. The sense of touch is perverted, and a clumsiness permeates the muscular body as well as the mind and the brain.

The nerves are rattled and the mental capabilities impaired or destroyed.

Alcohol predisposes to disease; if disease is present, it augments it. It prevents the poisonous waste matters of the body being thrown off, and these retained, poison, and create and augment disease, preventing nutrition and creating a greater desire for alcoholic drinks.

SELECTING A MEDICAL ADVISER.

The physician must come constantly in contact with the people in the most intimate relations of life, and hence exercises great influence either for good or evil. The physician you would admit into the sacred precincts of your family, should be of pure and noble sentiment, of truthful heart, trustworthy, should be a christian. The physician who is a tippler, a libertine, given to profane and smutty language, is a leper, scattering ruin both morally and physically. Do not employ such if

in your power to do otherwise. The stupidity exercised by some people in this respect is astonishing, and by people who in other matters, exercise good sense.

The competent physician proves competency by actual cures. The physician who is constantly losing large numbers of patients is not the one who is "getting more practice than he can see after," nor the one who is getting "all the bad cases." The writer knew a physician who, when he got a bad case, would get on a drunk. The good people would say, "he is smart if he would just let whisky alone." There was generally a funeral followed. He was a *man*, and it is likely that if he had been a woman,—the ladies would hardly have been so charitable,—no doubt they would not have honored the woman with at all calling her.

The physician who enters the sick's room in spread-eagle hurry, indulges in high-flown panegyrics and bombastic mysticisms, is not the *learned physician*, as you will sadly learn before the patient gets well,—if ever it does.

Schools of medicine do not make a physician. Alopeth or regular, Eclectic, Homeopath, are names and virtually mean nothing, are not possessed of any particular skill, but under cover of either name considerable egotism may be embodied. There should be *physicians*. But the practice of medicine like the popular religions, is fearfully muddled up under names.

No intelligent individual can devote many years to the study of disease and its cure without learning *something* of *value*, it may be small or great. No set of people can assume that all valuable knowledge is comprehended by, and embodied in *them*, but such is claimed with preposterous egotism by some classes.

In all ages there have been erroneous theories advanced, by those claiming to be learned as well as by those making no

pretensions, and nowhere are erroneous theories held onto with such destructive vigor as among physicians, and that too, by those claiming to be learned, except among those claiming to be religious.

The aptness of observation and comprehension of physicians as a class may be fairly measured by the thousands of years they had the human body under observation—study, before discovering the circulation of the blood, which lies at the foundation of all sound knowledge in physiology and the cure of disease; and, the treatment of the discover is the common manner of the treatment of one who has really learned something of value in the cure of or prevention of disease.

The constant wrangle for laws regulating the practice of medicine is simply a desire of its advocates to corral the practice of medicine to their *individual selves*, thus depriving the people of any choice as to whom they may desire to care for them in their sickness, and is not for any desire to protect the people from any form of quackery. The competent physician certainly has nothing to fear in competition with quackery.

The honorable physician rarely gets rich, more frequently does not possess the comforts of life. *Very* few physicians have amassed any considerable wealth at the practice of medicine, few even, who have attained the dignity of a paid-for home. Physicians who are reported to have amassed fortunes in the practice of medicine, either received their financial start by a rich marriage and accumulated a fortune by speculations in other commercial channels, or were left a legacy by some charitably inclined relative or sympathetic friend.

There is no channel in business where the people expect an individual to give time, service, and an actual investment of cash additional for nothing, as in the practice of medicine.

We are almost persuaded to say, that the true physician is *born* not made. The fact is evident. There are many thousands of medical men in the world, but not one-tenth of them are possessed of the natural endowment of the true physician. The true physician possesses a certain innate power, which enables him or her to detect, and recognize morbid conditions, which no amount of medical education or training imbue him or her with. It is a peculiar, delicate, intuitive perception,—an intensely personal endowment, resembling the trailing instincts of the blood-hound in its unerring certainty. The individual who possesses this remarkable faculty, requires but little training to make a skillful physician, while many of the most learned and loudly lauded physicians are bungling blunderers.

The true physician is also, a continuous and laborious student, and does not disdain to profit from progress in medical knowledge from any source. A strong love for freedom in all things, reigns in his or her breast, and a horror for rock-bound prejudices and narrow dogmatic teachings, animates all that he or she says and does.

It is to this type of physicians that the medical profession owes its advancement and its salvation from quackery and empyrcism. Fortunate, indeed, is the locality able to obtain the services of such a physician, for the services of such borders upon the miraculous, and his fame, though merely local, is built upon a secure and lasting foundation.

The physician you would admit into the sacred precincts of your family—and certainly to treat the wife and daughter, should be a woman, or if a man must be the choice, then certainly choose the physician who is a man of a family.

SPECIALISTS IN THE TREATMENT OF DISEASE.

When speaking of *specialists* in the treatment of disease, reference to practitioners who claim to treat some one part of the human body is meant.

To treat, to successfully cure disease especially located in any part of the human body, the economy of the entire body must be thoroughly understood. No matter where the ailment may have localized in the body, the general constitution requires and must have attention—more frequently requires *all* the attention, as upon the abnormal condition of the system depends condition or cause which produced the local manifestations. Our body is made up of dependencies which together form the structure and execute its various functions, and no one set of dependencies, or part, in the entire body can be affected with disease without the others being also affected to greater or less degree.

While we may successfully single out the parts in a wooden machine, building, or production of art, and have builders or repairers specialized for the different parts in the structure, as a disabled piece or part may be wholly removed at once and an entire new part put in its place, this is not true with the structure of our body. Its reparative substances must be manufactured in the alimentary apparatus and carried by the medium of circulation and placed, granule by granule, in renewing of the parts requiring repairs; and the wornout and dead substances must be eliminated from the several parts and consumed and excreted by the several waste outlets of the economy. Hence it is evident from this meagre view that to successfully treat disease of any one part of the human structure the entire economy of the structure must be thoroughly understood—every part, office and function, its relation to each other and its relation to the whole completed structure.

THE SCARE DOCTOR.

The *scare* doctor—there are many of them, they are a class who would have to quit the profession for want of business, were it not for their marked ability in the line of being able to take advantage of the credulity and confidence of the people. These doctors are of the “blatherskite” variety, and know comparatively nothing of medicine, or the body in health or disease. They memorize a few high sounding words, and repeat them over and over, usually while fumbling over the patient they have been called to see—“making a thorough examination.” They blurt out about “high temperature,” of which they know little more than a wooden doctor, and magnify the violence and seriousness of the case. To hear the gibberish of this class of doctors, they have an *immense* business, made up of the very worst cases imaginable, the diseases always having a monstrosity of a name. He goes about, day in, day out, deceiving those who have confidence in him, preying upon their sympathies and fears in every case he treats. He takes advantage of the woman in child-birth, and works both her and her friends into a frenzy of fear lest the woman will die, or the child must be torn from her with forceps—those instruments of torture and destruction, the woman little suspecting that she would be far, very far safer if the “meddlesome” wretch was far away from her.

By his fraudulent representations of conditions he greatly disturbs the patient’s friends, and through them the patient is directly affected—always made worse, and no matter how mild the ailment, every case is made a bad one. His *scare* methods make him many visits, but they bring worry, sorrow, unnecessary anxiety, and gray hairs, and, frequently fatality to those who employ him.

PAYING THE DOCTOR.

There is a strange idea common among some people that a doctor must be a person of peculiar philanthropic nature who will find money, buy drugs and remedies, and not only keep them ready in hand for relieving aches and pains, but will hitch up the wagon and haul the remedies to them, administering to all, because the doctor is so sorry that they are suffering! Pay the doctor? Why, it never enters their mind that they should pay the doctor. Such people spend the money they get for anything but the real needs of life; they will take the good things of life and enjoy them without paying value received.

The habitual acceptance of help, or free service, is depraving, and in most of the first instances, it was a lack of true womanhood or manhood to accept it. Help in emergencies is to be accepted, but there seems to be a class of people who manage to make each succeeding day the mother of an emergency.

PROTECTING THE PEOPLE FROM QUACKERY(?).

The surest and speediest way of exterminating "quacks" from the practice of medicine is, for those who pose as scientific to give *something* in the *shape* of a *cure*, *something* that is *not a propogator of disease* and *mutulator* of the body, and something that shortens the continuing of sickness instead of prolonging it, and then people will not have to patronize the so-called "quacks" to get cured. But so long as scientifics supply more science than common sense and cures, the people will have to go to "quacks" for cures, as cures are what they want, and they will go where they are to be obtained.

To be college bred, college stuffed, does not alone make a physician. If a person has no natural endowment or peculiar

adaptability, all the college stuffing in the world will not make a physician of him. You may send any one to school, but if he is quite a fool he will not come out the wiser in the end. This is not to be understood as meaning that colleges can or should be done away with, or college education. They are necessities certainly, and must be, but broader consideration should be made as to the aptitude of the individuals.

The best and the safest doctors we have in the practice of medicine today, are the self-made doctors, and this class of physicians together with the patent medicines, so-called, (they are proprietary medicines), *are safe-guards to the lives of the people*. Drive these self-made doctors from the field of the practice of medicine, and prevent the manufacture of proprietary medicines, *and the safety-valve of human life is destroyed,—the flood gate of the destruction of life is thrown wide open*—just as when phlebotomists ruled with their bloody rod and killed their thousands.

The mutilating, this cutting up of the human body, as a curative measure, has become maniacal, its promulgators are absolutely insane, and would be so pronounced by any sensible jury, if the real facts of the conditions existing in disease were presented to them truthfully. And the same is true of the promulgators and promoters of the inoculation vandalism that is being forced upon the people, especially forced upon the people in cities and towns. The lives of the people are in greater danger from such insanity as the above, than from any conditions of disease ever manifested or that can manifest in human flesh.

The self-made physician, is the *educated physician infact*. He has learned disease as it *really* is,—he knows its looks, its smell, its touch, its sound, and its freaks; and *knows* the action of remedies from actually seeing it.

In prescribing proprietary remedies, there is surety of obtaining the purest quality of drugs compounded with the greatest skill, because it is the manufacturers' interest to keep his product standard.

HOSPITALS.

Great attempts are constantly being made to dispense with the home, especially in the care of the sick. Poppin-jacks of every description, under every pretext conceivable, find, or try to find, an urgent need of a hospital. These institutions are made an excuse to rob, through every avenue, the public and private individuals of their hard-earned cash, for no other purpose than to enrich the pockets of the hangers-on to them who are unable to gain a living in straight-out and honest competitive business in any line.

Hospitals to treat paupers, insane and criminals, may be well enough, yet I have never met a single case of these kinds which was bettered by any hospital care. Even these cases should be cared for in the city, village, township or county wherein they live or have lived.

Every sick man, woman and child should stay at home in their sickness, even if they have nothing better than a box car or tent. This assertion probably seems harsh, but it is true nevertheless. *The sick are infinitely better off in their private homes* under the care of the family physician, who understands their constitution and has better regard for the patient than he or she can obtain in a hospital, because, upon entering a hospital, he or she becomes as one more machine to be handled automatically. If it is necessary to call consultants, *call them to your home where you live.*

It is the gravest error to go to a hospital in your sicknesses, where, in your weak, sick and helpless state, among

strangers, it makes it possible to be easily induced to submit, against your better judgment, to mutilating, dangerous and unnecessary operations.

However humble your home may be, the atmosphere about it is, and can be made purer than the atmosphere of a hospital. It is a grave mistake to presume that the atmosphere of the hospital is such as to promote recovery. It is far from it.

The care and attention you receive in a hospital are far too much given by routine, so much so that it amounts to despotism.

The doctor who cannot or will not manage your case in your own home should be discharged.

Never submit to a surgical operation before having other physicians, than the one first called, to examine your case and *you* choose the counsel you call. If your choice is not acceptable to the physician you had first called, have the one you have called examine you anyhow and give his opinion; you have but *one* physical life and when it is gone, or made not worth living, it cannot be restored, nor the condition can not be bettered. No rightfully disposed physician will object to these terms, either woman or man.

Hospitals, so-called charitable institutions, colleges, medical and otherwise, have millions of millions of money tied up in brick and stone that if it was used to better the private homes, thus bettering the condition of the people, there would be millions of millions less crime and criminals. Millions of money tied up in these places and, in addition, every avenue pillaged for more money presumedly "to pay running expenses," in addition to this free pillaging holding up the senile, who are mentally unfit to decide anything, working them for the dollars that should go to their dependent kin, and, in addition, the public treasury is amply drawn from. And this, while people

are inhabiting, not living, in huts or comparatively out doors in lieu of decent dwelling houses, and destitute of sufficient of the needs of life to bar hunger and cold and means to enable them to keep clean. This picture is not comely nor is it overdrawn.

CRUELTY OF VIVISECTION.

The cruelty of experimenting on living animals is self-evident, and needs no other testimony to convince. The extravagant and unfounded claims put forth in behalf of vivisection, are basely false throughout and throughout. There are only three crimes in the whole category that are its equal, and they are the prostitution of females, the experimenting upon living people, and war.

Vivisection not only brutalizes the natures and destroys the sense of mercy and humanity of those who practice it, rendering them callous and cruel, and unfit to be among human kind in the capacity of physicians, but makes them positively dangerous to the safety of life of the patients and people with whom they are among.

There is no reliable evidence whatever, that vivisection has been of any beneficial enlightenment, either in science or in the care of human life. It is practiced by people who are actuated by a lust to satiate their morbid curiosity. People who have had their sensibilities thus destroyed and corrupted are unsafe, are dangerous, among the human family. The laws of our land should prohibit vivisection. If the laws will not, then the people should.

Experiments on the lower animals give us no light as to effects on the human family. It is a well known fact that many of the lower animals can eat, without the least harmful effect, many things that the human family dare not taste with-

out fatal results following. The experiments performed on animals are misleading, both as to the effect of drugs, and anatomy or surgery. The opium that will kill a man will do no harm to a pigeon the body of which is many times smaller than a man's. The rabbit eats belladonna leaves with impunity, and the goats eat tobacco. A hog may eat without harmful effect, arsenic that would kill ten men. Many, many similar cases might be cited. Many manifestations of disease found common in the human family, are never found among the lower animals. Repairs that take place in the lower animals with the utmost certainty and readiness, in the human family are altogether different.

CHILD-LABOR.

However much has been said, and is being said, against children working in shops, factories and places where they can be of service to the proprietors of these institutions, and against children working in and about the home, the writer is of the opinion that to hinder or prevent them from so working is a grave mistake.

The intelligent child *will be active*. If that activity is not directed into channels where it will give wholesome results, and children are left to their own immature judgments to direct, they may and are likely to run that activity into harmful channels, and that they do run into erroneous channels, when so left to run idle, is evidenced almost every day.

To permit these children to consume all of child-life in idle play, is not only an injury to the children reaching out through life, but in most cases, it works great hardship on the parents or guardians. Intelligent children *will be active*, and these activities should be exercised in part, at least, in performing wholesome labor which gives good results, thus making them self-helpful in caring for and providing for themselves. While

being so engaged they are not only doing a duty both to self and parents, but they are receiving a most wholesome education, which in due time will give back good fruit of well developed bodies and well poised minds. With these two conditions the girl and the boy learn to love the good, and they will grow into good men and good women. They learn to look upon honest labor as wholesome and elevating, and upon idleness as harmful and degenerating.

Let them go to school, most certainly, but do not lose sight of the fact that all the wisdom in the world is not bound in books nor contained in the cranial think-tank of a privileged few, and that though they may learn all that was ever printed, penned on papyrus, or graved on stone, they may yet be ignorant. There is much outside of books to be learned in order to be really educated.

Work is a practical execution of thought, and practical work promotes practical thinking, hence is educating.

With part of their time engaged in wholesome labor which is productive of good results, and part to recreation, or play, there is a healthy equipoise of body and mind, and the children so occupied, both girls and boys, instead of being ruined for all life by being picked up and confined in so-called schools of correction, or industrial schools, will grow into womanhood and manhood prepared to make good, useful, and trusted citizen.

OBSERVATIONS.

If you would enter the Celestial City of Health, steer clear of medicine's Vanity Fair. Travel the road compounded of virtue, moral purity, cleanliness, wholesome sleep at night, early rising of mornings, honest remunerative employment, plenty of nutritious food, plenty of clothing, a comfortable home, pleasant companions, and a liberal supply of common sense.

Invalids cannot regain health from drugs and air alone; wholesome food is a prime essential; hence, the location where the best supply of nature's own products of foods may be obtained fresh and mature, is the best location for invalids of any kind; it matters not whether they are suffering from consumption, asthma, catarrh, bronchial affections, rheumatism, or anæmia.

In conserving health and longevity, avoidance of stimulants and dissipations of every kind must be observed. Practice *temperance* in eating, and *total abstinence* from the *intoxicating bowl* and *all other evils*.

The habit of bolting and cramming in eating, regardless of the quality of food, or the quantity required for the proper nourishment of the body, is injurious by over-taxing the stomach and digestive tract, forcing an unnecessary amount of work upon it, thus *wearing it out*. This a form of intemperance which is leaving its wrecks in the shape of break-downs and disease.

Highly nutritious foods that individuals indulge in and are continually partaking of, and the retention of the detritus or useless products or materials are a severe tax to the resisting powers of the economy of the body, and to these habits and to deficient muscular exercise can truly be attributed the break-downs so common among individuals of sedentary habits, and brain workers.

Remedies for the cure of disease are used with nothing more to recommend them than that the patients have returned to health after they have been administered, and to the remedy or remedies administered is attributed the cure, or restoration to health. But whether in reality, it had any such effect, is not positively known. It is a much regretted fact that therapy is almost chaotic, and while there is change in

the forms for administration, there is comparatively little advance beyond where the "old women," at their hearth-side left it when sweeping the soot from the chimney making tea for baby's colic, and applying the plaster of soap to burns.

Science in medicine is still making about the same progress that a Prof. Hammond and others, of the city of New York, are said to have made a few years ago when they were endeavoring to throw some light on hydrophobia—to discover a remedy and prevention of the disease. They advised that the dog's teeth be *filed* off so as to prevent laceration of the flesh.

Another equally great advance made by science was the discovery of the microbe in *dead matter*, and the microbe tune was played on every fiddle in medicine's vanity fair. But seeing the human family tiring of such incongruous harmony, another great stride in advance was taken—and now as a result, for every "belly-ache," over-loaded colon, over-eating, dissipation and what-not, the *appendix vermiformis* must be obliterated—cut away, and so, surgery is admitted in full fellowship in the advanced science-circle, and its works of mutilation are its monuments.

The mutilating of the human body for the removal of ailments of every trivial kind, is the *grossest ignorance* yet displayed under the cover of science. Instead of it displaying skill, or in anyway showing a knowledge or understanding of the economy of the human body and the proper removal of disease—by the renewal of life—it proves conclusively the reverse. While it must be conceded that there is a proper place for surgery, the morbid aspirancy is certainly working great evil.

It is a fact of history of the medical practice that attempts most heinous have been made to repress every *real* discovery or advance, or knowledge for the betterment, and for the general good, while savage atrocities have been protected even by

legislation. Only when the great books are opened will it be known how many thousands have been and are being sent to the "happy hunting grounds" by vaccination, the old blood-letting butcher, mercurial salivation, morphine, arsenic, Koch's lymph, the anti-bacilluses, and like voodooisms of the past and marking the retrograde tendency of the practice of medicine of the present age, bringing the practice of medicine into disrepute; besides the thousands annually sent to inhabit insane asylums and various other institutions of dependencies.

The institutions for dependents and unfortunates has become a *commercial* factor and political *hack*, instead of being in reality beneficial to the unfortunates. Whatever else is class legislated into corporations, and syndicated, the cure of disease and the care of the sick cannot possibly, with safety to the interest of the sick and afflicted, be shackled with such harness. It opens the field for speculation on the health of the people, for incompetency, bribery, and all associated rot. A member of a board of health whose body is so foully filthy that it can be smelled ten feet from him, and who will sit in an assemblage and chew tobacco and spit in the passage way or aisle, a pool of filth almost sufficient for a hog to wallow in, is certainly well qualified to guide the public in health and protect the people from charlatanism! I do not condemn, wholly, boards of health, from having seen a few monstrosities in the ranks; there are some quite eminent and worthy members, who are well qualified to direct sanitation of the public. There is a proper sphere of usefulness for boards of health, but it does not consist in saying what school shall practice medicine; and when this power is relegated to health boards such action not only opens the way for bribery and black-mail, but it fosters and protects it. The good health of the people is the *security of the home, christianity, commerce and the nation.*

Colleges cannot make doctors, they may grind them out, but doctors are not *made*, they are born doctors. The small amount of practical knowledge obtained in medical colleges, is but a small accessory, and if there is no *natural* endowment, accessories even, are valueless.

In the practice of medicine, as in all positions in life, it is the quiet worker, the family physician—the country doctor, underling, if you so please to call him, who is the back-bone and sinews and the very being of successful cures and discoveries, and, he is careful and conscientious.

This class of physicians makes the medical journals, by contributing their knowledge, also furnishing the material for the medical books. The professors of colleges put forth theories, the quiet working physician dissects these theories and finds their good or lacking—usually a goodly portion of the lacking. In selecting a physician, to regard these physicians as small and incompetent is the gravest mistake. Many people think that because a physician is practicing in the suburbs of a city, in the country or village town, not flaunting his or her name to the public breeze as some specialist, or as professor in some mushroom medical college, or as physician to some charitable institution (that is more charitable to those conducting it than to its unfortunate inmates), or such public charity office as county physician or city physician, that he is destitute of skill, when if they will take the trouble to investigate the real facts they will be surprised to find the true situation vastly different from what they had supposed.

There is today more quackery and charlatanism than the world ever knew. It is graduated from medical colleges, and protected by legislation, and as a result insanity, and mutilated and maimed bodies are proportionately on the increase.

A proprietary medicine placed upon the market that the

general people may obtain it, lives on its *real merit* undisguised, or if *worthless* it must die from the market. Many of these compounds have a record for curing, from a quarter of a century to half a century. There are many of them of excellent merit, and their manufacturers are commendable in that they place these remedies in reach of suffering humanity and at prices the poor, who constitute by far the very largest number of sufferers, can reach, for by so doing they do a greater charitable work than those wholly engaged in charities.

Millions have been offered and spent for the cure of disease, but comparatively nothing is done for the prevention of disease. If 996 per cent. of the money expended in hospitals, medical colleges, and other so-called charitable institutions, were placed in direct accessibility of the poor, suffering and needy, for supplying the real comforts of life and home, there would be 996 per cent. less crime and 996 per cent. less disease.

These are problems that must engage the people's attention at no late date—the situation is already alarming. Penitentiaries, court houses, places for corraling dependents, as insane asylums, schools of correction, homes for blind, deaf, deformed; places where children are cooped in—called children's homes—many of these institutions are really gray-back and crab-lice farms, whose promulgators worm and work into every avenue begging money under cover of these guises, presumably for the dependent and needy—hanging onto the aged and incredulous, wresting the money from estates, thus leaving relatives to whom these estates should go, to starve or go to criminality,—the private home and individual comfort lost sight of. These begged moneys, in addition to coming from the above source, are begged from clerks, the poor laboring class, the washer-woman, the news boy, the boot-black, and others as little able to part with their pittance.

Any state, county, city, village or town, that cannot raise sufficient money by honest taxation to decently take care of its unfortunates, without begging from every private avenue, should have a guardian appointed.

It is but rare that more than one member of a family has the ability to accumulate more than the merest necessities of life. The larger number are not able to provide sufficient to prevent hunger and suffering from cold. It is quite the right disposal, that the surplus acquired by the one of superior ability be divided among those of his natural kin who are not sufficiently supplied with means for proper comfort and education.

PART SECOND.

THIS PART WILL BE DEVOTED TO THE TREATMENT OF
GENERAL DISEASES.

OBSERVATIONS.

Sickness, disease, death, will continue so long as we are material beings—so long as matter possesses the property of wear-out, of change, of decomposition, of continuing in one state for a time, when, having served its purpose in that state, it reverts back, “the dust to dust”; and that will be so long as human bodies are composed of matter.

Every new being coming into life starts out with vitality sufficient to live a certain length of time, and will live that length of time provided sufficient interferences are not met to prevent it. The interferences we may term causes which produce disease and injuries. Like mending a coat, repairs and repairs may be made, but eventually it reaches its limitation of endurance, when no more repairing can be effected.

Much can be done to prevent demand for too frequent repairs, and much suffering be prevented by a proper attention to diet, habits, sleep, occupation, amusement, and exercise of a reasonable amount of common sense.

The first essential to continue life long and useful is to begin early to live under the benign influences of christian religion, for it alone “has the promise of life that now is and of

that better life which is to come." If this is done no vile habits are contracted which are so destructive to health, life and happiness.

Spend your evenings at home, go to bed early, arise as soon as you awake, and occupy the day with something that gives wholesome results. Cultivate an even temper; individuals have dropped dead in a fit of temper. An ill-controlled temper, besides the sufferings it inflicts upon others, is conducive to many ills to its possessor.

For prophylaxis and cure of disease, an absolute necessity is a wholesome mental state. Comparatively few people philosophically adapt themselves to circumstances, or existing conditions and improve their opportunity as best they can; those who do not, are unhappy, discontented, wretched, depressed, and form a class very difficult to restore to health when sick, their mental state having a depressed influence that neither drugs, food, nor good nursing can ever overcome.

Those individuals confined by disagreeable environments, are continually chafing under such harness, and break-downs eventuate, for which the removal of the unpleasantness is the only treatment needed.

Some people who read the description of a disease will immediately develop an attack of it—in their mind; or if they cannot possibly do that—they know Sam Smith's wife is dying of it, or that Peggy Jones's grand-mother's aunt, died of a fit just like it. If one case of sickness appears in a community, in about two hours, a dozen more—just like it, or a little worse—(all imaginary) will bob-up.

The causes of disease are many and various, some of which every individual can avoid, some are inherited, while a few arise from environments unavoidable. It is appointed unto all to die once, yet by proper care of the body, life may be pro-

longed many more years than if neglected, or improperly used. Each being called into life is possessed of vitality sufficient to endure for a length of time, greater in some than in others, but all alike being made of perishable material. Each being must, at some time exhaust its power of life—its power of force to live. But this may be greatly hastened or even life destroyed, as in wars and various accidents, and abuses and misuses.

The physical vigor of the body may become impaired, but it may be renewed for a time, but why it cannot be continued indefinitely can only be accounted for by the fact that matter is perishable, and that development, maturity, and decline and death, seem to be the plan of animal as well as vegetable life. Change and decay are stamped upon every species of matter, and nowhere in all created things are they stamped more plainly than upon animal life.

Vital action is an effort of that unknown agency by which life is sustained, and from which result mind, sensation, and voluntary and involuntary motion and reproduction. An equilibrium of the several actions in the body constitutes health, and a derangement of this equilibrium, or a departure from it, disease or death.

Disease is not a "healthy effort" of nature to rid itself of morbidity as some claim it to be, neither is it any "special dispensation of providence," nor is it a "Divine messenger" to turn people God-ward from wicked living. No abnormal action taking place in the system can be a "healthy effort."

The miller and various manufacturers "shut down" their shops and examine and repair; the merchant looks over his "stock" to insure its commercial health, yet people seldom think that the machinery of their own body needs looking after to prevent break-downs, or, the accumulation of bad stock on hand, which must result in disaster.

GENERAL INSTRUCTIONS.

In giving medicines directed in this book, when more than one medicine is being given, should the time for giving two of the remedies come at the same hour, or as we sometimes call it—"the time comes together," or within a few minutes of each other, postpone the time of the one that was last given, for twenty or thirty minutes, and then give it and consider the interval from that time.

The doses for adults named in this work, are for all over twelve years old. For all under this age, the dose named in this work must be lessened—(where the size dose is not named) proportionately to age—but the time between doses must remain the same as directed.

It is decidedly for the best interests and welfare of patients to prohibit foods for the first twenty-four, thirty-six, or forty-eight hours after beginning to take medicines for the cure of disease, not more than plain tea and plain brown toast being permissible; at least this is the best method to pursue in cases that must take a remedy to produce *biliary alvine* actions. This gives opportunity for sensible action of the medicine, is the only intelligent way to pursue if expecting good results, and in addition, it requires much less medicines, and very greatly favors a speedy recovery.

Immediately preceding and for a short time following the sensible effect of medicines that produce *biliary alvine* actions, which remove morbid matters from the general economy of the body, the patient experiences a slight sense of uneasiness, and perhaps slight nausea. This subsides as soon as sensible alvine action has obtained; a sense of relief from pain is experienced and a general betterment. The patient should be kept restfully quiet while under these circumstances, and a cup of tea may be given, which to have the desired benefit, must be supped as hot as can be, not to burn.

When in the directing of the mixing of medicines, the writer directs "half a glass," or "a glass of water," the ordinary glass tumbler, such as is used on the dining table, is meant.

In all places in this book where the medicine, Cascara, is named either to be given alone or that used in any of the mixtures, the Fluid Extract of Aromatic Cascara, is meant to be used.

THE LIVER.—OBSERVATIONS.

However much ridicule may be poked at the theory of "jogging the liver" for the cure of the many ailments affecting the human body, the fact remains no less true that at least ninety to ninety-five or ninety-seven per cent. of the cases of *all types* of ailments of the human body must be both primarily and chiefly treated on this basis; and they who trust to other than this in nine cases out of ten will be miserably disappointed in obtaining a cure. The writer believes that there are not many ailments affecting the human body, except mechanical injuries, which are not attended by some degree of exalted, diminished or perverted activity of the liver. Just to what extent these lesions or disturbances exist is not always discerned, is sometimes quite obscure; but when we have given remedies directed to action on other organs or structures till hope has faded both with ourselves and patient, and think to turn our attention to this old Roman soldier, we find ourselves and patient agreeably surprised with a cure.

How long this old Roman has been failing in his official duties, permitting the economy to be so disturbed, we are at a loss to know, but we frequently get cases of sickness in our care when his neglect of duty has run the entire constitution into a condition of atony. And in those cases we meet in which the system appears to be just succeeding in rallying its

recuperative energies, if by giving some simple sedative, we aid the forces to *hold their grasp*, as it were, till a full recovery is obtained; or, if, perhaps, we give a tonic, which affords some aid, and bridges over a crisis, we can scarcely imagine that the liver has not been playing some important recuperative part in the struggle.

The liver is the last glandular organ which stands between the food taken into the stomach and its entrance into the general circulation; hence it is consistent to infer that it regulates, influences, controls, the substances entering the general circulation. And not only this, but without doubt it largely controls the functions of digestion, secretion, and excretion. There is no other gland, or organ in the economy of the body so directly connected with these functions—the functions of digestion, secretion, and excretion as the liver.

We observe that the veins coming from the stomach, the spleen, the pancreas, and the intestines, unite, forming a large trunk, and entering the liver, ramify it; in this organ again unite into a large trunk and enter the ascending vein, or cava, near the heart.

The liver is the most important organ in the economy of the body; it is in reality the laboratory of the body, as within its substance the digested products of the stomach and intestines are transformed into a substance capable of being perfectly assimilated by the different tissues of the organism or body. It regulates the supply of nourishment—is the store-house, doubtless of the body, reserving any excess till a time of need. Without its functions being continually, promptly and efficiently performed, starvation must result, no matter what foods or what quantity is eaten. When the bile which is the natural stimulant of the intestines, is not poured out in sufficient quantities, various unpleasant effects follow. Constipation, defective nutrition, etc., result from interference with hepatic activity.

INFLAMMATION OF THE LIVER.

There is hardly an organ, we may quite safely say there is *no* organ in the entire structure of the human body, the disturbance of which causes so much distress, either directly or reflexedly, as the liver. The liver being hid away from view, knowledge of its diseased condition, cannot be had by inspection, hence sensations experienced by the sufferer must furnish the means for detecting the diseased condition.

Inflammation to a greater or less degree, is the morbid condition most frequently met. In the early manifestation the inflammation is usually confined to the peritoneal covering, when of long duration the entire substance of the liver may become involved; ulcers *may* form, which we have considered may be known by pain subsiding following long continued pain, and no improvement in health manifests but rather a continued degeneracy. And, this symptom is sometimes misleading, as abscess or ulceration of the liver, at least in some cases, occasions no pain whatever, and these affections dispose to heal without much interference in the way of medicines, at least where there is not too great involvement. When inflammation is confined to the peritoneal covering, the pain is sharp, and piercing; when embodying the substance of the liver the pain is dull, extends to the breast, collar-bone, and shoulders, or between the shoulders, frequently interfering with inspiration, and a cough frequently manifests, sometimes proving most distressing.

SLUGGISH CONDITION OF THE LIVER.

In the sluggish activity of the liver the skin becomes stained dirty-yellow, if of long continuance the kidneys become much deranged, in which case the skin takes on a dirty-yellowish-ashen hue; the skin becomes harsh, dry, and hot, and in some cases eruptions appear on the surface of the body—in pimples, sores, erysipelas, or “splotches,” small pox, boils or

carbuncles; the breath becomes fetid, also the urine; the patient becomes despondent, irritable, cross, frequently abusive, and excretions are imperfectly performed. Suicides and murders are committed while laboring under some disturbance of this organ—the liver, and from long pent-in excretions. Also many of the worst cases of aberration of the mind—insanities are results of the above conditions.

ULCERATIONS OF THE LIVER.

While the disposition to tumor formations and ulcer formations are indicative of exceedingly low or feeble condition of the general constitution, yet the real pain they cause is very small in proportion to the seriousness of the affection, or the true condition of the body. A nervousness, restlessness, dullness of feeling permeates the body, and frequently a feeling in the legs, below the knees especially, as if the limbs were “dead asleep,” and frequently the patient cannot sit still but a few moments till overcome with sleep. In some cases the patient feels compelled to very frequently change the position of the lower limbs.

LONG CONTINUED MORBID CONDITION OF THE LIVER.

Long continued morbid condition of the liver results in great emaciation, and when accompanied with cough, which is frequently the case, it is mistaken for so-called pulmonary consumption.

Dropsy also, frequently manifests, especially if prolonged till a great degree of anæmia is manifest. When the inflammation extends to the stomach, it is usually indicated by burning in the stomach, or is quite frequently so indicated.

Opiates should never be given in treating diseases of this organ, nor any other condition of the body, really.

When the symptoms named in describing inflammation of

the liver manifest, any of them, associated or unassociated with cough, the following will give the desired relief: Take polymnia uvedalia, one drachm; glycerine and water, of each, four ounces. Mix, and take a teaspoonful of the mixture every three hours during the day, for the first two days, then take a dose three times a day. Also, take a capsule or powder (see remedies in this book) every night just at bed time, for three nights, then one every third or fourth night. Soak the feet well in hot water for twenty or thirty minutes each night. Add mustard to the water used for bathing the feet. At half-past six o'clock in the morning, not later than seven, give the patient to drink, a teacupful of water as hot as possibly can be supped, and, following this, have the patient eat the juice of an orange.

In the manifestations of sluggish conditions of the liver, if the condition has not assumed the degree of severity that eruptions have manifested, and only a modified discoloration of the skin is present, three drops of chionanthus given in a teaspoonful of water three times a day, for eight or ten days, will usually right the conditions.

If eruptions have appeared on the surface of the body, erysipelas, pimples, rash, sores or boils, the capsules (see remedies in this book) taken as above directed, will disperse the morbid condition. Or, the following may be taken: Take sulphur and cream of tartar, of each, a heaped tablespoonful; ginger and sugar, of each a half teaspoonful; and podophyllin, one grain. Thoroughly mix and divide into thirty powders. Give a powder mixed in water, or taken dry if preferred, every four hours till biliary alvine action is seen, then give one every third or fourth night.

In conditions where there are simply dull, heavy aching or deep seated pains over the body, in addition to giving the

above powders or capsules, add five drops of fluid extract of bryonia, to four ounces of water, and give the patient a teaspoonful of the mixture every three hours during the day.

When ulceration of the liver is supposed to exist, give the following: Take polymnia uvedalia, one drachm; glycerine, four ounces; olive oil, two ounces; and water, two ounces. Mix, and give a teaspoonful of the mixture every three hours for the first day, then give a dose three times a day. And, add fluid extract of bryonia, ten drops, to four ounces of water, and give a teaspoonful three times a day, giving this mid-way between the above doses.

In those long existing morbid conditions of the liver, the preparation containing cascara and podophyllin first named in the treatment of uræmia, may be given sufficiently often to promote from two to three alvine dejections daily, instead of the capsules or powders above dictated. Add mustard to the water used for sponge-bathing the body, which should be done every second day. The hot water and juice of an orange should be taken before breakfast, and the foods should be wholesome and nutritious.

A capsule (see remedies in this book) taken every third or fourth night, and the following taken, a teaspoonful, three times a day: Take tincture of wild cherry bark, two ounces; tincture of gentian, fifteen drops; tincture of golden seal, half an ounce; tincture of prickly ask berries, one ounce; and glycerine, and simple syrup, of each, three ounces. Mix, and take as above. This improves digestion, promotes normal action of the liver, and gives tone to the general system, thus serving a kindly restorative purpose in many conditions of morbidity, and in conditions where rapid action is not required, (or does not give best results, which is frequently the case) is a desirable remedy.

The following is effective where a more speedy action is desired, yet moderately mild: Take fluid extract of wahoo, butternut bark, and cascara, of each, one fourth of an ounce; fluid extract or berberis aquafolium, two drachms; tincture of prickly ash bark, half an ounce; and simple syrup, six ounces. Mix, and take a teaspoonful at bed time.

DISTURBANCES OF THE DIGESTIVE ORGANS.

Gastric disturbance, in one form or another, is of frequent occurrence. Gastric disturbance may be due to continual over-eating, to deficient excretion, or, to having taken some corrosive substance. The bowels in conditions of gastric disturbance are generally constipated. If this condition is present, vomiting may occur, or diarrhea may alternate constipation, either in children or adult.

This disturbance may progress to a degree of seriousness that the stomach refuses to tolerate food, hence nutrition is prohibited. The inflammation may extend to the bowels, manifesting in different degrees of severity, may involve the mucous surfaces only, or becoming more extensive and assume the follicular form, and gastric ulcer may manifest.

Usually the following serves to disperse the disturbance: Take glycerine and olive oil, of each, two ounces; hydrastis, and podophyllum P., of each, one drachm; and cinchona cal., one drachm. Mix, and give a teaspoonful of the mixture three times a day for five or six days, then twice a day. Also the capsules taken one at bed time, or a powder without putting in capsule, (named in remedies) will effect the cure.

DISEASES, OR DISTURBANCES OF THE ALIMENTARY CANAL.

The lower portion of the alimentary canal may and does become the localization of disease, but in all manifestations of dis-

ease that present in these parts there is always *constitutional derangement* as a foundation source, and to obtain permanent relief or cure, in connection with local treatment, constitutional treatment must be administered, also, together with proper feeding. When pain, hemorrhage, or bleedings, protrusions, piles, discharges, and distressed feelings in the anus and rectal parts appear, they are local manifestations of constitutional disturbance. Constitutional treatment in these cases is of prime importance.

Affections of the rectum may be mistaken for affections of the bladder or reproductive organs. A complete evacuation of the rectal canal must first be obtained, when the true situation can be clearly known. Drinking of considerable *hot* water, and frequently repeated injections of hot water per rectum, will sometimes effect this. To a pint of the hot water used for the purpose of injection, add half an ounce of glycerine. Or, instead of drinking the hot water, take a dose of the anti-bilious physic. The action of this remedy, is efficient, and consumes but a short time, and in many cases recovery follows without other medicine.

Mucous discharges, and bleedings are almost always accompaniments of diarrhea, or follow it—or from a catarrhal condition of the bowels, which may have been caused by improper foodation, or long continued exposure to extreme cold, constipation or irritations from indigestion.

The hot water sitz-bath and the foot bath, are of restorative benefit in these cases, giving tone to these parts, especially if the bath is permitted to extend well over the bowels. And a hot water injection per rectum is of great benefit. To a pint or the water used for this injection, add one drachm of witch hazel. (This amount for an adult.) This may be advantageously repeated every day for three or four days,

then once a week until no longer needed. Take equal parts of glycerine and olive oil. Mix, and give, to an adult, a teaspoonful of the mixture, three times a day, and keep the patient quiet. If there has been blood mixed with discharges, add ten drops of spirits of turpentine to the doses (for an adult), or fifteen drops of essence of cinnamon, preferably. From one to three doses will stop the hemorrhage usually.

The preparation containing cascara and podophyllin, directed in the treatment of uræmia in this book, taken as there directed, serves kindly in many of these cases.

Piles of all varieties and degrees result from one of the following causes: long continued constipation of the bowels, and straining at stool, an extremely relaxed condition of the system due to great debility, and long standing on the feet, or extremely heavy lifting. Prolapsus or falling of the ani, results from similar causes. Excessive purgation may cause it by relaxing the system unduly, but the most frequent causes are the above.

When the condition is due to excessive purgation, heavy lifting, or long standing on the feet, rest in the recumbent position and hot fomentations applied to the parts, will bring restoration. A hot water injection, to which a drachm of witch hazel, has been added to a pint of the water used, hastens the cure.

When the condition is consequent from disposition to constipation, the following gives the desired benefit: Take sulphur, and cream of tartar, of each, two heaped tablespoonfuls; ginger, one teaspoonful. Mix, and take one teaspoonful twice a day. A little sugar may be added to the powder to make it palatable if desired. A heaped tablespoonful taken by an adult, every morning for four or five mornings, then once a week, usually effects the cure.

Hemorrhoides, piles, may be external or internal, but the treatment varies but little in either, so little that it is difficult to make much distinction.

The veins, from irritation, straining, or from long standing on the feet, or severe strain in heavy lifting, become dilated or distended. This type will rupture in some cases, causing what is termed bleeding piles. Ulceration may, and does, sometimes follow the rupturing. Another form involves an extensive and deeper inflammation of the mucous surfaces, the natural folds of which become swelled, inflamed and elongated from infiltration of serous fluid, which, if not relieved, may result in suppuration.

If hemorrhage is present, incorporate half a teaspoonful of spirits of turpentine in half an ounce of vaseline and add it to a pint of hot water, or a teaspoonful of tincture of benzoin may be added to the water, and use it as injection per rectum, and repeat this injection every day till the condition no longer requires it. And take the sulphur preparation named in this article. Keep the external parts clean by cleansing with hot water and castile soap sufficiently often.

When excoriations, small pimples, or open-faced ulcers manifest about the edges of these parts, it may result from irritation associated with the piles, or be occasioned from unhealthy stools passing over these parts, or from uncleanness. Wash the parts with hot water and castile soap and rinse with warm water to which has been added twenty drops of tincture of benzoin to half pint of water used. Mix four grains of resin benzoin well with one ounce of pure vaseline, and apply a portion well to the parts if much severity exhibits.

After immediate relief is obtained the cascara preparation referred to in this article should be taken till the system is re-

stored to normal condition and a habit of daily alvine excretion is established.

The water used for injections and sitz-baths must be as hot as can be borne to obtain the best results. And the bowels must be kept in an active condition, the remedies named serving best for this purpose. Also, the patient must keep the reclining position and not use the arms in holding heavy books for reading, nor to perform heavy work till improvement is well established. The excretory outlets should really be cleansed daily throughout life with water and castile soap. If there is syphilitic taint associated with these troubles the remedies will have to be used more vigorously and the treatment be continued for a longer time, but no change in medicine is necessary.

ENLARGEMENT OF THE SPLEEN.—AGUE CAKE.

Comparatively nothing is known of the use of the spleen in the human bodily economy. It becomes the seat of inflammation and tumors; it enlarges, and causes much distress. In all types of disease manifesting symptoms of periodicity, the spleen is affected, in fact the writer is convinced that in conditions of *all* fevers, especially typhoid, and, in all conditions where there is glandular inflammation, especially when of much degree of severity, as in the disease called diphtheria, the spleen is largely in trouble—is in severe morbid condition.

As the spleen enlarges, it causes a heavy fullness in the left side; the enlargement progressing, it extends from beneath the ribs, and can sometimes be traced extending down the side into or near the pelvic cavity, or extending to near half across the abdomen, and also well back toward the spine. From its disposition to extend down the side toward the pelvic cavity, mistakes are frequently made attributing the disturbance caused by the morbid spleen, to supposed diseased condition of the

kidneys or ovaries, when in fact, the last named organs are quite well.

When the spleen is enlarged it inconveniences the bending of the body forward, and a sensation is frequently felt as if a "cake" or "lump" slipped or suddenly moved in the left side about the waist line, when the body is inclined forward, or when erecting the body.

In the early onset of the inflammation the pain is usually sharp and lacerating, the inflammation then probably being confined to the peritoneal covering. When the disease is of long duration, there is heavy, dull aching, the inflammation becoming of greater severity, and involving the body of the organ or spleen.

Despondency and a feeling of inability to engage in or continue manual or mental labor, accompanies the disease from the first manifestation. The disturbance progresses slowly and may extend to a degree of great severity, sometimes continuing from five to fifteen years before ending fatally, tumors or dropsy, generally both, appearing before death.

When tumors manifest, recovery is very rare, as this condition does not appear until the forces of the economy are about exhausted. In conditions of tumor, grave mistakes have been made in diagnosing the condition, by both physicians and lay people. In cases of females the enlargement causes suspicions of pregnancy, in some cases, especially if unmarried, women of perfect chastity have been thus forced to suffer unmerited censure and untold tortures.

The only case I ever knew of being cured after tumors had manifested, my husband, Dr. Joseph Cobb, treated to recovery. I visited the case with him a number of times. The patient was extremely emaciated, thus leaving the tumor enlargement

prominently visible, distending the abdominal wall, the enlargement being near the size of an infant's head.

The treatment should be begun on the first manifestation of the disease. Recovery under the best of treatment, is somewhat slow, especially if much severity has obtained, though the most reliable treatment is mild, comparatively.

I have found the following remedies to best meet the requirements: Take polymnia uvedalia, one drachm; glycerine and water, of each, four ounces. Mix, and to an adult, give a teaspoonful of the mixture, three times a day. And, the capsules (see remedies in this book) taken sufficiently frequent to continue from two to three alvine dejections daily. The following liniment rubbed over the region of the spleen, once or twice a day, serves to aid in removing the morbid condition: Take spirits of camphor, spirits of turpentine, glycerine, aqua ammonia, and tincture of bear's foot, of each, two ounces, and essence of peppermint, 4 ounces. Mix, and apply as above. Except in very severe cases, once a day or once every other day is sufficiently often to apply it.

After the greatest severity of the inflammation has subsided, the following tonic given three times a day, aids in restoring to health: Take tincture of wild cherry bark, two ounces; tincture of gentian, half a drachm; tincture of golden seal, half an ounce; tincture of prickly ash bark, one ounce; and glycerine and simple syrup, of each, three ounces. Mix, and give a teaspoonful, as often as above directed.

HYSTERIA.

This type of ailment is due to an ill-nourished condition of the patient, indigestion and sluggish excretions. The mental disturbances which manifest arise from the same causes that mental disturbances do in typhoid and other fevers, namely,

blood poison from retained excretions, and undue degeneracy augmented by the ill-nourished condition of the general health, and the unpleasant surroundings and treatment these patients are subjected to. Great aggravations and being worried and disappointed in business, excessive hard work, excessive sexual excitements and loss of sleep and rest are usually the starting and promoting causes of this affection.

It manifests as frequently among males as females, and the subjects are found among adults. I have never met a case among children.

The manifestation of disease called hysteria is as marked a disease of the physical body as any manifestation of disease that afflicts the human family.

The effusions of gross ignorance given out, and the theories advocated by some, regarding this type of disease are disgustingly repulsive. Under the grossly erroneous idea of the nature and cause of this disease, torturing bodily punishments have been imposed upon patients, and the happiness of families has been destroyed and lives wrecked by the carrying out of these erroneous theories.

The patient must be placed with pleasant surroundings, relieved of worryment, and permitted *rest*, and palatable and nutritious food. This constitutes three-fourths of the necessities to effect a cure. The prolonged deficiency of these has been a very great cause of the break-down.

In addition to the above treatment, in case of an immediate paroxysm, add five drops of tincture of *nux vomica* to four ounces of water and give a teaspoonful of this mixture every ten to fifteen minutes for from two to four hours; this usually gives quick relief from the immediate suffering. In the severe attacks, as soon as the patient can be induced to do the bidding of the attendant, give a full dose of the anti-bilious physic.

This speedily eliminates from the blood the detritus and excretes it from the body, thus placing the blood in condition to circulate and relieves the condition of depression and constriction. In attacks of even mild degree, this anti-bilious physic is a first best and effectual remedy to give.

After giving the above dose of anti-bilious physic, permit the patient to rest till the activity of the medicine has subsided, then sponge-bathe the body, using water hot as can be borne, dry the surface of the body, and place the patient in comfortable position to rest. The food for the first thirty-six or forty-eight hours should consist of hot water, orange juice, and plain brown toast and plain tea. All opiates, narcotics and stimulants *must be prohibited*, leaving the mind free. These articles depress the vital energies, check secretions and excretions, do not lessen suffering or remove the disease, but they do augment the severity, and endanger life.

In forty-eight hours after giving the anti-bilious physic, which is the best remedy to begin treatment with in all cases, after the immediate first paroxysm has subsided, give a dose of the preparation containing cascara and podophyllin directed in the treatment of uræmia in this book, and continue giving it sufficiently frequent to keep the alvine dejections free, and supply plenty of pleasing and wholesome food, and permit rest. Usually a dose of this preparation taken just before going to bed at night, gives the desired daily alvine dejections, and some-times after one, two, three or five nights it may be omitted.

NERVE AFFECTIONS, OR DISEASES.

Nerve affections, nervousness, disturbances of the nerves, have been understood by many to imply some peculiar or specific disease or morbid condition in the structure of the nerve tissue's self alone, and that they require some mysterious

treatment entirely different from the general ailments of the body. But such is not the case.

The causes leading to undue nervousness, while being various, are very like the causes producing other morbid conditions, which, when removed, the nerves restore to normal. Over-taxation of either body or mind will produce nervousness—an inability to control the nerves. Also, vexations, worryment, harassings, grief, disappointments, poorly nourished body, deficient excretions both urinary and alvine, and deficient muscular exercise to aid the system to rid itself of its detritus, are producing causes.

Place the patient comfortably with pleasant surroundings, permit an abundance of sleep and rest, and provide pleasant and nutritious food. If the over-taxation has been chiefly mental work, muscular exercise must be engaged in to some extent, in the out door air. Sponge-bathe the body daily. If the bowels have been constipated, or if there is irritation about the urinary organs, a hot water sitz-bath does a marvel of good. To promote the elimination of morbid matters from the circulation and their excretion from the body, and to favor digestion and assimilation, give the following: Take simple syrup, glycerine, and olive oil, of each, three ounces; tincture of buchu, one ounce; tincture of golden-seal, one drachm; tincture of ginger, a drachm, and podophyllin, one-half of a grain. Mix, and shake the bottle well each time before taking a dose. In mild cases, a tablespoonful taken every night just before going to bed, for three or four nights, then twice a week, will effect a cure. In severer cases, a teaspoonful given every three hours, till three or four doses have been taken, or until free biliary alvine dejections are seen, then one dose a week at night just before retiring, will suffice.

Or, the capsules taken as directed, will give the desired result. (See remedies in this book.)

CONSTIPATION OF THE BOWELS, CONVULSIONS, AND OTHER CONSEQUENTS.

By the most searching observations, it is quite difficult to estimate the amount of injury and suffering entailed on human kind from constipation of the bowels—retained feces.

A large per cent. of insanity is due to this condition; also a large number of the suicides, murders, family quarrels and disruptions of families, and financial and intellectual failures. A very large per cent of convulsions, puerperal and otherwise, convulsions in any and all ages, are very many times due to this condition; rheumatism, confusion of ideas, blood-poison, fevers of various types, eruptions over the body, the sore throat called diphtheria, enlarged tonsils, carbuncles, boils, small pox, sore eyes, suppurative or granulated, asthma, catarrh, nervousness and tremblings, in fact a much larger list of ailments than this are consequent upon a constipated condition of the bowels.

Dr. J. F. Baldwin reported a case which came under his care, a lady sixty-four years of age who had recurring attacks of convulsions which were due to a constipated condition of the bowels. There had been no history of constipation but examination revealed a mass of feces as large as a child's head in the rectum.

I have met a number of cases of convulsions in children due to the above cause. The worst case of puerperal convulsions it has been my lot to see, was due to fecal impaction of the colon. I was called to treat a lady, aged seventy-six, who lay in a condition of coma, which was caused by long existing constipation. An almost limitless number and variety of cases could be reported.

Alvine excretion is as essential as food, yet attention to this function of the economy of the body is comparatively neglected. From the environments of the human family, this function requires special daily attention, but also on account of these environments, these duties are postponed and neglected, until a habit of constipation is established. The quantity of this excretion that should leave the body daily, in order to obtain and retain health, depends on the amount of food taken, and the amount of exercise. If one has been bolting a half a bushel of food into the stomach daily, proportionate alvine excretions should be obtained.

Habits of attention to the body effect much to establish daily free alvine evacuations.

Much may be accomplished by diet; apples, tomatoes, sorghum molasses, graham mush, and many other diets, partaken of sufficiently frequent, are useful in this respect, and the exercise of common sense in answering promptly these calls of nature, is of great importance. If a thorough cleansing of the alimentary canal be taken every six weeks or two months it will prevent a deal of suffering and very frequently influence in promoting long life.

Constipation may be due to habit—of being too lazy or too neglectful to answer these necessary attentions, and to deficient exercise to promote the function, which habit being continued for considerable time, establishes the sluggish habit, or constipation. This matter being retained unduly, the fluid portion may be re-absorbed and enter the circulation; to convince yourself of the truth of this being the case, smell your perspiration and your breath. Think for one moment of a dislodgement of nearly a peck, and the possessor being so loth to part with the possession that had the fact been known that an agent for

such purpose were being given, no amount of persuasion could have induced the swallowing of it!

Sedentary habits are a great promoter of this injurious habit. It may be due to indigestion; when, however, this is the case, there is generally alternate attacks of diarrhea and constipation. It is frequently due to perversion of fluids, as is manifest in cases that perspire unduly free; in these cases an undue proportion of the fluids of the body is conducted out by way of the sweat channels, thus leaving undue dryness of the serous lining of the bowels and the feces, thus to a degree preventing activity.

There may manifest a somewhat paralyzed condition, as in feebleness in extreme age.

“KNOTS IN THE BOWELS.”

Knots(?) in the bowels? Well, now, they happen so seldom, the writer will leave these cases for their discoverer to treat; for, though having met many bad cases of colic, I never met such knotty cases.

SUDDEN DEATHS.

Sudden deaths are not always due to some special disease of the heart, in fact are rarely so. There are more causes that bring sudden death than a local disease of the heart. Sudden death may be due to the vital forces (or powers to live), having been consumed—or exhausted. This may be the case at any age, as all persons do not come into being with that power, or sufficient vitality to continue life the same length of time, even though each may be surrounded with comforts and environments equally good.

FOR THE AGED.

There is sometimes a condition met in which there is almost continual itchings about the rectum. This may be due

to several causes, as permitting the parts to remain filthy, to a morbid condition of the discharges which pass over the parts, or to the presence of pin worms.

Wash the parts twice a day, using water as hot as can be borne without burning and castile soap for the evening wash. A hot water injection per rectum may be advantageously used, once a day in cases of severe annoyances.

A dose of the anti-billious physic (see remedies in this book) taken before breakfast, will change the morbid condition of the discharges into a healthy state, generally, and the one dose is usually sufficient. The Garfield Tea taken sufficiently, is also a good remedy, not only in this condition, but is beneficial, taken occasionally, in conditions of nervousness, headache, and heavy, numb feelings, which sometimes manifest in the aged.

If there is presence of pin worms, the following will usually disperse them: Take santonine, five grains; divide this into three parts. Take castor oil and glycerine, of each, half an ounce. Mix the oils and divide into three parts, and mix one of the parts of the santonine in one part of the oil mixture for a dose, and take a dose every four hours till all have been taken.

BRAIN-REST AND SLEEP.

From five to twenty years would be added to the life of the greatest number of people, if each were provided with pleasant surrounding atmosphere, a good digestion, full term of sleep in its natural time—night, and more freedom from care and responsibility. Sleep is nature's great restorer, it is the best and most natural tonic to the nervous system known. One third of our time should be spent in sleep—quiet, undisturbed, natural, refreshing sleep.

FEAR DISEASE.

The only disease many people have is fear. They are always looking for trouble and if they cannot find it they make it. This self-torturing state of mind, this worrying, anxious dreading reacts upon the body, depressing its functions, or stopping them altogether.

Fear pales the cheek, cools the blood, changes, perverts and diminishes secretions. With these cases various manifestations appear, digestion and assimilation are imperfect and irregular, appetite variable, circulation fitful, take on and lose flesh easily, and sleep is uncertain.

These people are easy victims to unscrupulous practitioners, much to their own worseness.

In these cases the Christian Scientists, Faith Curers, and Magnetic Healers, treat these patients by seeking to awaken aspirations for a better life, they cultivate faith, love, hope, courage and responsibility, thus lifting the patient into a betterness. Cheerful environments and direction in good habits of body are more needed in these cases than medicine, and it is herein that this class of practitioners does a most commendable work, and instead of their being persecuted as they are at present, they deserve the highest protection and respect.

SPEAKERS AND SINGERS.

Speakers, singers and artists, both men and women, experience a lack of tone in their vocal organs, of a sense of vocal fatigue which seems to lessen their confidence in their ability to do justice to themselves in the performance of their parts. This, in many cases, is due to fatigue of the laryngeal muscles, the atonic condition or lack of tone being brought on by over-use, or over-work, and deficiency of rest to permit the vocal cords to recuperate their exhausted energies, as in examination of many of these cases there is no symptom of disease present.

The best and the most prompt and speedy remedy that I have found for this annoyance is essence of peppermint. Add half of a teaspoonful of essence of peppermint to sugar sufficient, and let it dissolve in the mouth, swallowing it as it dissolves. Apply the essence of peppermint freely over the throat, well over the tonsils, and well up around the ears. The dose and applications may be repeated in half an hour, if necessary, and repeated again if necessary. This remedy is harmless in every way, which cannot be said of many remedies that have been used in treating throat troubles. It gives tone and a feeling of comfort to all the parts in the laryngeal and vocal region, removes congestion, removes soreness and prevents taking cold. Rest sufficient from *talking* should be taken. The system must be kept cleansed of its waste products by alvine and urinary activity, assisted by exercise sufficient; by this means the blood is free from morbid matters and a condition established which promotes easy circulation and prevents irritation and interference with the functional integrity of the tissues and parts.

MOUTH BREATHING.

Breathing through the mouth, apparently all the time, is due to habit to some extent. The individual can control the habit; all that is necessary being to train herself or himself to breathe through the nose. This is all the treatment that is needed. Occasionally there is a case met that the lips are naturally too short to easily entirely close over the teeth, which defect cannot be removed. Some of these cases may be improved by the person continuing the habit of endeavoring to keep the lips closed, and there are other cases that so exerting the lips, would worse the condition.

APPENDICITIS.—IMPACTED COLON.

Symptoms indicating inflammation of the appendix vermiformis, or ulceration of this part, are not well defined; pain in the right illiac region, the leading symptom thought to indicate this condition, may indicate lesion far from the appendix; and suppurative discharge passing from the rectum does not truly indicate involvement of the appendix, and, peritonitis may and does arise from causes distant from the appendix.

The cause of inflammation of this part was usually supposed to be induced by the presence of fruit-pips—fruit seeds lodging within its cavity, but it is somewhat intelligent to believe that should inflammation exist, it is quite probable its cause must be very similar to that which gives rise to conditions of inflammation in other parts of the intestinal tract. The appendix is by nature able to relieve itself of foreign substances, if permitted to do so. The habit of filling up of the large intestine to the degree of impaction or prohibiting action, or the practice of administering opiates with the presumption of relieving pain, but which locks-up the bowels and prevents them from emptying, these may prevent the appendix from performing its function—and if kept in this condition, will not only cause inflammation of immediate parts (which is as likely to be all of the parts containing feces), but may produce a type of blood-poison known as typhoid fever; or if prolonged for a great length of time, *may* cause suppuration.

Many of these cases are a condition of colic, caused by an over gorging of some unwholesome food which has developed an excessive production of gas within the stomach and bowels; others are due to constipation leading up to impaction of the colon. In either condition there may be considerable colicky suffering.

To administer opiates in these conditions, augments the seriousness of the condition, and endangers the life of the patient, and nothing of this kind of medicine must be given.

Relaxation of the lower bowel is the needed condition to permit the fecal removal. When this is done the desired relief is obtained and a broad advance on the road to recovery is accomplished. The writer is much of the opinion that in about ninety-five per cent of the cases operated upon, the real relief is obtained from the chloroform administered, as the relaxation which ensues from its administration permits the feces and gas which constitute the obstruction, to pass, thus giving the needed relief. The operation endangers life, leaves the body in a bad condition for all life, increases bodily suffering and the death rate, and is not the mode of treatment that the skillful and honest doctor will resort to, before giving medicines an exhaustive trial. To do this requires time, and there is always time sufficient in all curable cases. If a case is so near dead that medicines can have no time to act, there is no surgical operation that can save the case. If the case has so far progressed that death seems imminent, an operation at this time so increases the death-danger, from shock, poisonous effect from the anesthetics, loss of blood, and the additional work for the system in healing the new wound, that the operation cannot be at all *considered* as a curative remedy, or procedure.

Permit comparatively no foods till free biliary *alvine dejections* are seen to obtain. Have the patient drink all of the hot water he can possibly drink. Administer an injection of hot water to which has been added half an ounce of glycerine, ten drops of tincture of lobelia, and five drops of tincture of capsicum, to a pint of water. While this treatment may seem quite simple in a way, the benefit in advancing the relief and cure very quickly follows.

Following the relief from the above, begin and give one dose of the preparation containing podophyllin and cascara named in the treatment of uræmia in this book, giving a dose every four hours till biliary alvine dejections are seen to obtain, then a general betterment manifests, and progress to recovery shows marked advance; or the capsules (see remedies in this book) or the powder without putting it in the capsule may be given instead of this fluid mixture. The following given three times a day continues the improvement: Take glycerine and olive oil, of each two ounces; simple syrup, half an ounce; tincture of nux vomica, fifteen drops; essence of cinnamon, a drachm. Mix. Give one teaspoonful of the mixture three times a day, half an hour before meals. The *very, very largest* number of these cases will recover speedily with no other treatment than a dose of anti-bilious physic. In severe paroxysms of pain which occasionally accompany this bowel or gastric trouble, the following inunction applied all over the abdominal region, aids in relieving till medicine administered internally has had time to act. Take spirits of camphor, glycerine, and essence of peppermint, of each, one ounce; spirits of turpentine, half an ounce; laudanum, one drachm and castor oil half an ounce. Mix. Applied once or twice a day is usually sufficient.

HEMORRHAGE FROM STOMACH OR BOWELS.

When either of the above manifestations appear they indicate great feebleness and abnormal relaxation of the system, (except when it may be the result of having taken some corrosive substance or from local injury), no matter of what age the patient may be, and must be viewed with alarm. If possible to do so, plunge the patient's feet in water as hot as can be borne, but if this can not be done apply hot flannels over some heated article to the feet. Give internally fifteen or twenty drops of essence of

cinnamon, or spirits of turpentine on sugar, every ten, fifteen or thirty minutes, prolonging the time as improvement or betterment ensues. After the hemorrhage has checked give the following: Take equal parts of glycerine and olive oil; mix and give a teaspoonful three times a day, to one dose of which add ten drops of essence of cinnamon or spirits of turpentine—preferably the essence of cinnamon.

A capsule (see remedies in this book) taken every night for three or four nights hastens complete recovery. In severer cases one may be taken every six hours, till three or four have taken, with beneficial result. In many cases it is yet better to give one every three hours till free biliary alvine dejections follow.

The above disturbance may present in typhoid conditions, or when there seems to be only a bilious condition; it may manifest in jaundice, or at any time with persons who indulge in intoxicating drinks, chewing and smoking tobacco, and athletes form numbers of its victims. But from whatever cause it must be viewed with alarm.

STRICTURE OF THE RECTUM.

This manifestation of ailment is not of frequent occurrence, and when present, usually yields to mild treatment. Dilatation by mechanical means is valueless and seldom necessary. The alcohol vapor bath administered to produce free perspiration, which relaxes rigidity throughout the system, will as a rule give the desired relief. The hot water sitz-bath, or an injection per rectum, gives the desired relaxation. A dose of the anti-bilious physic is speedy and effectual.

PROLAPSUS OF THE RECTUM, OR LOWER BOWEL.

Falling of the rectum, or prolapsus ani, is a form of affliction in which the rectum protrudes in greater or less degree,

at the verge of the anus. Elderly people, infants, and persons who have to stand on their feet unduly long, are most subject to it, though it may be due to an irritation of the rectum from some excessive cathartics, straining at stool, long crying, or loud and long talking, from general weakness, constipation, or excessive diarrhea, and the presence of worms.

When the condition appears, in persons of any age, the patient must take the recumbent position and remain quiet. Ascertain the cause and remove it if possible. Apply quite firmly to the protruding part, a compress—a piece of cotton or folded cloth, moistened with hot water to which may be added a little witch hazel. A hot water sitz-bath, is also effective. When the manifestation appears with children, usually the above treatment is all that is needed. In cases of adults, keep the patient in the recumbent position till restoration of strength is effected, and regulate the bowels by giving the following: Take sulphur and cream of tartar, of each, two heaped tablespoonfuls; podophyllin, half a grain. Thoroughly mix, and divide into thirty powders. Give a powder every four hours till alvine action is seen, then one once or twice a week. The hot water applications should be kept up till the inflammation subsides.

OBSERVATIONS.

In glandular enlargements, as in enlargement of the liver, aching pain in its region and between the shoulders, enlarged tonsils, enlarged spleen, mammary abscess, intermittent fever, and gout, administer the following, as it is an exterminator of some very obstinate conditions of the above types: Take polymnia uvedalia, one drachm; water and glycerine, of each, four ounces. Mix, and give a teaspoonful of the mixture, three times a day. Dose for children in proportion to age. Accom-

pany this by the taking of a capsule (see remedies in this book) at night.

PILES—HEMORRHOIDS.

This affection is an unpleasant annoyance, and sometimes gives rise to much suffering as well as inconvenience. There are some cases that are rather persistent in returning, are stubborn to disperse and permit of getting well. The condition though arising from the same or similar causes, manifests two varieties, the internal and the external. The internal protrudes within the rectum, and the external protrudes outside. The pile tumor is sometimes hard and sometimes soft and varies in size. Occasionally after manifesting they disappear without attention, but more frequently they recur with increased severity. Their rupturing causes them to absent for awhile. From their rupturing, bleeding, they are sometimes called bleeding piles.

When the affliction appears it is due to obstruction of the circulation of the blood, to a sluggish and morbid condition of the system, straining at alvine evacuations, prolonged standing on the feet and heavy lifting.

The essential in effecting a cure, and also in retaining a cure, is to place the system right and keep it so. Keep the bowels unloaded and clean. In the early manifestations the hot water sitz-bath and hot water injections, per rectum, taken every night, alternate nights, or every third or fourth night, constitute all the local treatment necessary.

In severer cases the following application gives soothing and curative results: Take hamamelis, spirits of camphor and essence of peppermint, of each one ounce; laudanum, one-fourth of an ounce; castor oil, two ounces. Mix. Continue a hot water sitz-bath for ten or fifteen minutes, cleansing well the parts by the addition of castile soap, then dry the parts and

apply the above preparation. Once a day is usually sufficient and the time, preferably at night.

The bowels may be sufficiently regulated by taking the capsules (see remedies in this book), one every night for two nights, then extending the time as needed. Both the hot water injections and the sitz-baths greatly aid in emptying the bowels, dispersing inflammations, and give tone to the parts. There are exceedingly few cases that will not get well with this treatment.

Sulphur and cream of tartar, equal parts, and sugar sufficient to make palatable, makes an efficient remedy, frequently dispersing them without the aid of other medicines, and they do not dispose to return. Dose of this mixture, a heaped teaspoonful every morning for three mornings, repeating every week so long as necessary.

Surgical operations in these cases are always ruinous and never cure, every case so treated being left worse.

Ten drops of tincture of horse chestnut taken every three hours during the day has been recommended for curing hemorrhoids.

FISTULA IN ANO.

This may result from piles or hemorrhoids having been present, and resulted in suppuration. It may be a boil, abscess, or carbuncle near the rectum, disposing to continue suppurating after rupturing and refusing to heal. In addition to the suffering accompanying this affliction, it is disgustingly repulsive.

Wash about the parts once to twice a day, using *hot* water and castile soap freely, then the preparation directed for local application in the treatment of piles, in this book, may be applied in cases of great severity. Occasionally soaking up

these parts once or twice a day, in the hot water sitz-bath is very helpful in effecting a cure, frequently hastening it.

For internal medication, take fluid extract of yellow dock, two ounces; fluid extract of may apple root, one drachm; glycerine, three ounces, essence of peppermint, one ounce. Mix. Take a teaspoonful of this mixture half an hour before dinner and a half an hour before supper, each day for three to five days, then from three to two times a week so long as needed.

The soothing ointment (see remedies in this book) makes a good application to the afflicted part.

Tincture of benzoin, two drachms, added to one ounce of vaseline and mixed well, also makes a good application.

The above treatment if pursued as directed, will cure the very largest per cent. of curable cases, even if syphilitic taint is in the system. I have cured fistula of several years standing, with no other treatment than the patient taking the capsules (see remedies in this book), and keeping the parts cleaned with hot water and castile soap, effecting a cure in but a few weeks, and the patient keeping at his work every day, and in doing his work it necessitated his being on his feet about all day. The patient was past the half century mark. Use these treatments and you will be happy with the result.

A good way to take the capsules in these cases is to take one every four hours till free biliary alvine dejections are seen to follow. Usually from three to five will accomplish this. Then continue taking one from three times a week to once a week, until the cure is effected. Marked improvement early begins.

GLEET.

This disease disturbs the mind of the patient almost as severely as the degree of the seriousness existing. Accompanying

a very chronic case of this malady many real or imaginary little side-ills may seem to appear, and if the ailment is allowed to continue it makes a more or less hypochondriac of its victim.

Many of these cases, even old cases of gleet, will get well by drinking abundantly of hot water, occasionally drinking a cup of watermelon seed tea, and taking a hot water sitz-bath daily. Severer cases may use, in addition to the above treatment, the following wash: Take hamamelis, two drachms; hydrastis, one drachm, and water, four ounces. Mix. One-fourth of this may be added to a little water and used as an injection once a day.

Take tincture of aconite, five drops; water, four ounces. Mix. The patient may take of this preparation a teaspoonful every three hours during the day.

Before taking any treatment, however, in the large number of these cases, the patient should take a full dose of the antibilious physic, then wait from fifteen to twenty-four hours before taking any other treatment. Rest in the recumbent position is of much importance in severe cases. From this dose alone, in addition to the hot water sitz-baths, it is astonishing what great advance in a cure is effected. This one dose and the hot water sitz-baths, the baths taken every day to every third day, with a hot water injection per rectum taken about the same frequency, will cure the very largest number of these cases. If the condition has been of long continuance, or has been disposed to recur, take a capsule (see remedies in this book) every four hours till free alvine dejections are seen to follow. Then continue taking one from three times to once a week until recovery is complete.

NEURALGIA.

Neuralgia in any part of the body, is almost entirely due to an abnormal condition of the spleen and deficient urinary

excretion, of both males and females. Many cases of neuralgia of the breasts and ovaries, and neuralgia of the face of both sexes, have been called cancer and the breasts and ovaries been cut away, and the face corroded and eaten away with destructive drugs, and the patients not improved in health, but left worse—where they have survived such treatment at all.

For the quickest relief, take fluid extract of bryonia, twenty drops, and water four ounces. Mix. Dose—A teaspoonful every three hours when awake, or during the day. This dose is for an adult. In addition to this remedy, take a capsule (see remedies in this book) every night for three nights, then take one from four times to twice a week.

Fluid extract of kava kava, two drachms; water, three ounces. Mix. A teaspoonful of this remedy taken twice a day increases the elimination and urinary activities, thus favoring and hastening recovery. Improvement manifests from the beginning of treatment.

Polymnia uvedalia, five drops; glycerine and water, of each two ounces. Mix. Dose—A teaspoonful three times a day, is effective in the above conditions. Its action is slower, however.

In severe paroxysms of this ailment the writer has given a dose of the anti-bilious physic with the result that permanent relief speedily followed.

OBSERVE.

In many cases of sweatings and shiverings, unduly prolonged excessive sweatings, the former of these generally exhibiting in cases of an onsetting of fevers, and the latter exhibiting in cases of very great exhaustion, the following serves an excellent good, and very frequently completely stops the manifestation. Take capsicum and cinchonidia, of each, equal parts. Mix well, and fill No. 2 capsules. Give one every two

hours until three are given. This number given each day for three days is generally sufficient to prevent return.

A TREATMENT ANY ONE CAN TAKE.

Take tincture of mandrake, tincture of nux vomica, tincture of blue flag, of each, one drachm; simple syrup and glycerine, of each, two ounces; olive oil, two ounces: essence of peppermint and fluid extract of aromatic cascara, of each, one ounce. Mix. Take one teaspoonful twice a day. Its curative action can be depended on.

Taken as directed, and the hot water sitz-baths or the hot water injections per rectum, or both in severe cases, from every day in severe cases to every other, or every third in mild cases, will disperse, will cure, the most obstinate cases of constipation, gleet, stricture of the urethra, and diseases of the prostate gland even though great enlargement exists.

If the morbid condition has progressed to considerable degree, before treatment has been begun, give a dose of the antibilious physic, (see remedies in this book), and sponge-bathe the parts with hot water, and let the patient remain quiet for thirty-six hours giving no medicine for this time, only continuing the baths once or twice a day. Then begin giving the above mixture.

There will be found cases where the doses must be given less frequently, some in which the taking of the medicine may be discontinued for two, four, and even six days, then beginning again, taking one dose a day for awhile, discontinue for awhile again, and then take again.

This can be had at any drug store as any druggist can put it up.

HYDROCELE, OR DROPSY OF THE SCROTUM.

The above named disease manifests by a collection of watery fluid in the scrotum, or sac which contains the testes, or some

part of itself, or the spermatic cord, and may extend to large dimensions. It may appear at any age, and is due to causes productive of dropsy in any other part of the body. Pain, especially in its early manifestations, does not usually accompany its presence. This local manifestation might prove fatal, as the cause which provoked its appearance may involve the entire system in like condition—dropsy, which if not cured must prove fatal.

Hydrocele may be distinguished from rupture by its transparency, which does not present in conditions of rupture.

When appearing in infancy and childhood it occasionally disappears spontaneously. When treatment in this age of patients is had recourse to, often the hot water sitz-bath, administered once or twice a day, or mats wrung from hot water and applied, effects a cure with no other treatment. A little spirits of camphor, witch hazel, or vinegar added to the water, adds efficiency.

Occasionally a constitutional remedy may be needed to hasten recovery in cases of childhood. The following preparation serves well for this purpose: Take simple syrup and glycerine, of each two ounces; podophyllum P., half a drachm, and some aromatic sufficient, as essence of cinnamon. Mix. Dose, for a child from six months to a year old, give a teaspoonful every day for three days, then every third day. A few doses of castoria may be given to very young babies for constitutional effect, when the annoyance does not disappear from using the baths alone.

Exhibiting in older life, the hot water sitz-baths are indispensable. The medicines directed, added to the bath for children, are also valuable for the adult, and the baths should be administered once or twice a day and continued so long as the

disturbance exhibits. The hot water injections, per rectum, are invaluable in these cases.

This fluid should have been eliminated from the economy and excreted from the body by the way of the kidneys chiefly; its appearance in abnormal or excessive quantity in these parts is a perversion, and this perversion must be corrected before a cure can be effected. In a few mild cases the hot water sitz-baths alone give sufficient tone to effect recovery, but more frequently medicine for constitutional effect must be given.

The treatment directed under the heading in this work, "A Treatment Any One Can Take." is well adapted to this condition, and may be used as there directed. Or the capsules (see remedies in this book) may be taken, in severe cases, one every four hours till free biliary alvine dejections are seen, then one at night from three times to once a week. In all cases use the local treatments directed above.

Also the following preparation gives the desired result for this purpose: Take sulphur and cream of tartar, of each, three heaped tablespoonfuls; podophyllin, one grain. Thoroughly triturate together, and divide into thirty powders. (A little sugar may be added to the powder to make it palatable.) Usually one powder taken every day until three have been taken, then one taken every third day, till the annoyance is cured, is sufficiently frequent to take this medicine. The powder is to be taken dry. The capsules (see remedies in this book) taken one every night, for three nights, then one every second or third night, also prove effective, and in addition to hot water sitz-baths, prove all that is needed in many cases.

VARICOCELE.

Varicocele manifests by undue enlargements of the veins of the spermatic cord, and enlargement of the scrotum; usually frequent micturition, sometimes accompanied with pain, pain

in the back, back of the head, and a feeling of weight. Constipation of the bowels is usually present and the subject is more or less despondent. This disturbance usually manifests in the beginning of advancing age and advanced age, more rarely occurring under the age of forty or forty-five.

The treatment is usually simple and easily conducted. Give a full dose of the anti-bilious physic—the first thing before anything has been eaten in the morning, being the best time to take this remedy for best effect. The second day after taking this, begin taking the capsules (see remedies in this book), one every other night just before going to bed. The hot water sitz-baths to which has been added a little witch hazel or a little spirits of camphor, taken once daily in mild cases, and in more severe cases, twice daily, removes the local disturbance. Rest must be taken in the recumbent position, and uncomely habits not indulged in.

The first treatment directed for the treatment of hydrocele of adults, is admirably adapted to this condition, and may be used.

GASTRITIS, ENTERITIS, DYSENTERY.

A distressing and depressing disturbance, affecting in its earlier manifestations, the mucous membranes of the alimentary canal, and called different names, as gastritis, when confined principally to the stomach, enteritis, when confined to the small intestines, and dysentery when exhibiting in the large intestines, may manifest at any age, or period of life.

This disturbance arises from similar causes, and in fact, in its different forms is the same ailment, the difference consisting in the different degrees of severity. It is due to a debilitated condition of the system, and an immediate paroxysm may be provoked by exposure to the depressing influences of heat, or cold, and improper food.

The hot water sitz-bath to extend over the entire abdomen, and the foot bath, administered every day in severe cases, in milder cases, two or three times a week, and keeping the patient quiet, is frequently all the treatment necessary.

In cases of severer type, give the following: Take glycerine and simple syrup, of each, three ounces; fluid extract of cascara aromatic, half an ounce; podophyllin, half a grain. Mix, and shake the bottle well each time before taking a dose. Give a teaspoonful of the mixture every three hours till biliary alvine action is seen, then a dose every third or fourth night so long as needed. If disposition to hemorrhage appears, take equal parts of glycerine and olive oil, mix, and add fifteen drops of essence of cinnamon, or spirits of turpentine, to a teaspoonful, (this dose for an adult) and give every four hours, till betterment. Maltine with pepsin and pancreatine, a teaspoonful, taken after meals, aids much in restoration to health in these disturbances.

Olive oil, two ounces; glycerine, one ounce; and essence of peppermint, an ounce. Mix, and give a tablespoonful, to an adult, three times a day. This gives the desired relief, and does not disturb or irritate the stomach or digestive tract in any way, and though its action is a little slow, it is effective and is especially desirable for children.

Where the condition has progressed to the dysenteric type, in adults, a dose of the anti-bilious physic, is the quickest relief, and it is seldom any other medicine is necessary, after giving it.

CHOLERA.

Cholera only prevails during the hot season. Its appearance is due to the depressing effects of heat, together with the disposition of some people to indulge in eating immatured foods—green fruit and vegetables scarcely half cooked. An attack

may be provoked by great worryment or vexation, or a fit of ill-temper, by over-work, or long exposure to the sun or heated air.

The above type of foods are taken into the stomach in larger quantities than the gastric juices of the stomach can handle—can prevent from undergoing putrefaction, and in this condition it becomes an irritating factor, and “cholera,” or an expulsion of the irritating factor results.

The most potent and dangerous carrier of cholera is invested in badly matured, decomposing, badly cooked food, taken into the stomach in this condition, and the depressing effects of heat—to biliousness, and all alcoholic beverages favor its development.

Prevention is worth more than a cure. To prevent, abstain from the producing causes, protect the body from chill air and from the depressing influence of heat, keep the body well nourished by the use of wholesome foods properly cooked, and keep from getting bilious.

The patient must be kept quiet and warm. To relieve nausea, give frequent sups of *hot* water. Apply over the abdomen, a woolen mat, or cloth folded five or six thicknesses, with the following: Capsicum tea, very mild, a pint; essence of peppermint, half an ounce; olive oil, two ounces. Mix, and apply hot. Cover this with a dry woolen cloth. This is exceedingly beneficial where there has been much diarrhea. This application has a tonic and stimulating effect and checks abnormal peristalsis, does not produce prostration, but aids the forces of the system to gather up and continue. The above treatment, and rest, are all that is required, frequently, especially in those cases where vomiting and diarrhea have evacuated the alimentary canal of obnoxious matters.

If progression to recovery is not perceptibly manifesting, the nausea and vomiting checked, give a dose of anti-bilious physic, and keep the patient in a restful position, and give no other medicine for thirty-six hours, when the following may be given: Take tincture of golden seal, half an ounce; tincture of wild cherry bark, two ounces; tincture of gentian, five drops; glycerine, four ounces; and fluid extract of cascara aromatic, half an ounce. Mix, and give a teaspoonful of the mixture, three times a day.

When it is evident that such is effected, give a capsule (see remedies in this book) every six hours, four or five usually being sufficient, then one every third or fourth night, so long as needed.

When there is sourness about the breath and gastric pain in the stomach and bowels, a full dose of the anti-bilious physic, gives the speediest relief, the patient being kept quiet for two or three hours. This is always the best remedy to give when it is not evident that the morbid matters have been cleared out of the alimentary canal. (See remedies in this book.)

CHOLERA MORBUS.

Cholera morbus manifests from the same causes that give rise to cholera—though the exhibition may be milder. The sickness and distress at the stomach, the perversion of bile, the vomiting and diarrhea accompany both.

In either case there are gaseous accumulations or distensions in the stomach or bowels, or in both, and in this condition the anti-bilious physic gives the quickest relief. After its administration, the patient must remain quiet and warm. It is seldom that any other medicine is needed, recovery generally resulting, with nothing more additional than rest and proper feeding. Should the debility, however, be great, the tonic prep-

aration directed in the treatment of cholera, may be given, and the application there directed applied over the abdomen, may be likewise used in these cases.

The gravest mistake in the treatment of these disturbances is to check the intestinal flux or diarrhea with opium, morphine or other astringents. If successful in immediately checking the alvine discharge, the abnormal and irritating materials which cause and keep up the disorder are imprisoned within the bowels, thus increasing the danger from continued irritation and poison; or, even if not successful, the patient is more or less depressed by the narcotic drug which does not benefit but lessens the power of the vital forces to cope with existing conditions. The alimentary canal must be cleaned in all cases, of both cholera and cholera morbus, and for this purpose the remedies named in this article are admirably adapted, if used as directed.

Dioscorea vil., fifteen drops, added to four ounces of water, a teaspoonful of the mixture given every hour, every two hours, or every three hours, serves the purpose of allaying these gaseous disturbances, in some cases.

In some of these cases that have progressed to great degree of severity, and the patient appears much exhausted, the following gives good results in assisting to recovery: Take equal parts of capsicum, cinchonidia and golden seal, and mix thoroughly. Fill No. 2 capsules with this, and give one about seven o'clock in the morning, and one at three in the afternoon. These may be taken in this frequency from three to five days.

HICCOUGH.

Hiccough is due to faulty digestion, to acidity of the stomach, to intoxication, to excessive drinking of cold water when the stomach is in enfeebled condition, and it sometimes follows the taking of too much cold water with foods. Or it may

manifest when some severe type of disease, either acute or prolonged, is about to terminate fatally, in which case medicine has no effect.

If hiccough manifests immediately after partaking of food, and distressingly persists, give an emetic, and place dry heat to the feet and legs, and keep the patient quiet in the recumbent position for four or five hours, at least. *Warm* water serves quite well for emetic purposes.

Frequent sups of *hot* water, hot as can be supped, is efficient in curing in most cases. A large number are aided to relief, by hot applications over the stomach, bowels, and to the feet.

Five drops of essence of cinnamon on sugar, has given prompt relief in some cases that refused to yield to other remedies.

Five drops of spirits of turpentine on sugar; has also proved efficient. These remedies may be repeated in ten, twenty, or thirty minutes if necessary.

Half a teaspoonful of salt added to half a glass of water, and a teaspoonful given every ten, twenty or thirty minutes, has given relief in hiccough.

If a torpid condition of the bowels exists, means to produce alvine action must be had recourse to. If there is sourness about the breath, give the anti-bilious physic (see remedies in this book). Drinking very freely of hot water, and using hot water rectal injections, gives the desired relief.

Chewing calamus root relieves some cases. Or, it may be made into a tea. Extending the head well back, and raising the arms above the head, then taking full inspirations of breath, repeating it several times, has given the relief craved.

A thorough cleansing out of the biliousness, is the object that must be accomplished in many of these cases, and until this is done, relief even if obtained, refuses to stay.

GALL STONES.

Some physicians and authors recognize and name a type of morbidity, as "gall stones," attributing their location to be most usually in the gall-bladder, or common gall duct; and that no particular symptoms indicate their presence till they begin to leave the gall-bladder, entering the common duct. Some eminent physicians and authors do not recognize any such condition. The disturbance called biliary calculi, is the same disturbance, only possessing a different name.

The general symptoms in the attack of suffering, said to be due to the above cause, are very like symptoms associated with conditions of morbidity in the liver or nearly associated thereto, in any type of liver derangement, modified by degrees of severity. There is dull pain about the liver, severe, piercing pain in right hypochondrium, may extend about the right shoulder and right arm, or the arms and lower limbs become numb, or "go to sleep" as some describe the sensation, pain in the epigastrium or pit of the stomach, and, for some time before an attack more or less discoloration of the skin has exhibited. The paroxysm is sometimes ushered in by a chill, occasionally to the degree of rigor, sometimes vomiting, occasionally delirium, and generally obstructed, or inactive excretions of all excretory functions of the system. Many of the above symptoms manifest weeks, or months before a severe paroxysm of suffering.

Persons affected with this paroxysmal suffering, are those of sedentary and indoor habits, and although there is a debilitated and greatly depressed condition of the general system, these persons are gormandizers. The condition is due to deficiency of muscular exercise in the out door air, to aid and per-

mit the system to rid itself of its detritus or morbid matters, and to these accumulations, and their depressing presence, are due the suffering, and the prevention of proper nutrition from the foods taken.

For relief from the immediate paroxysm, hot water, applied over the region of the pain, by means of a woolen mat, and hot water drunk freely, all that the patient can drink or sup, and as *hot* as can be supped, gives the speediest relief. After the severe paroxysm passes off, give the following: Take olive oil and glycerine, of each, three ounces; essence of peppermint, one ounce; sweet spirits of nitre, an ounce, and fluid extract of aromatic cascara, an ounce. Mix. Give teaspoonful of the mixture every three hours, till free alvine dejections are seen. The action of this remedy is effective, yet it causes no irritation or nausea, which is very commendable in a remedy for this distress.

Sulphur, licorice and cream of tartar, of each, two tablespoonfuls; podophyllin, half a grain. Thoroughly mix, and then mix this powder with sufficient honey to make a little thicker than honey. Give a teaspoonful of the mixture three times a day before meals. This remedy is mild in its action, but it serves an excellent and effective purpose in these annoyances.

JAUNDICE.

Jaundice is a type of morbid condition frequently met, but it is generally looked upon as a matter of but small consequence, though really it is indicative of more seriousness than many other types of ailments. It is due to perversion of the bile and obstruction, and probably a combination of conditions causes this perversion and obstruction, as a debilitated condition of the general system, exposure to cold and damp, or heat and damp, also to the use of alcoholic drinks and excessive use of coffee. It is largely met among children who are poorly fed

and stimulated up on coffee, poorly clothed, live in houses too damp and cold for habitation, and to sleeping cold. It may manifest from loss of sleep, over-work, and long-continued study and confinement indoors, or the causes of its manifestation may not be obvious. Persons of any age may be attacked with it. Some years there appears to be more cases among senile people than among the young.

The symptoms indicating this type of affection are marked discolorations of the skin and a cadaverous expression. The skin assumes a dirty yellowish-brown color, verging to a greenish-brown or brownish black about the eyes and hair. To a degree there is a yellowishness all over the body. Brown spots sometimes appear over the face or hands or other parts of the body. The urine changes in color, becoming dark yellow, and frequently leaves dark sediment. Dropsical symptoms may or may not manifest. Occasionally this symptom manifests all over the body; in adults frequently the feet, legs, hands and face swell, and in children the abdomen. Young girls entering womanhood attacked with this type of affection may be affected with enlargement of the abdomen, which may continue to enlarge to enormous proportions, and this condition has often been mistaken for pregnancy by both physician and lay-people for considerable time and the patient been made to suffer unjustly.

This enlargement may be due to an accumulation of water, as in true dropsy, or it may be simply an abnormal accumulation of gas. The disease may continue for several years before proving fatal, and it may continue for several years before being cured, if not properly and promptly treated.

In the treatment of this ailment the hot water sponge-baths are of great aid in stimulating the functions of the skin. The water used should have sufficient soda added to it to make

it feel slick as it passes through the fingers. The baths should be taken two or three times a week.

Chionanthus, three drops, in a little water, taken three times a day will usually place the system in normal condition. Should this not indicate proving effective within five to eight days, as will be seen by the clearing of the skin, take equal parts of olive oil and glycerine, mix and take a teaspoonful three times a day. A capsule (see remedies in this book), taken every night for three nights, and then one taken twice a week, in addition to above hastens recovery.

Some cases prove quite obstinate to disperse, necessitate, vigorous action from the remedies. In these cases the writer has had good results from giving the capsules (see remedies in this book), one every four hours till free biliary alvine dejections appeared, then continued giving one from twice to once a week, so long as necessary. The mixture directed in the treatment of uræmia in this book, which contains cascara and podophyllin, may be taken instead of the capsules.

To further assist the kidneys in their work of elimination, the writer has had best results from giving the following in addition to the above. Take fluid extract of kava kava, two drachms; water, three ounces. Mix. Dose. One teaspoonful taken half an hour before meals, three times a day. This also favors the appetite.

SCURVY.

Scurvy is a constitutional disturbance, or disease, locally manifesting in the mouth over the gums, which usually present a livid appearance at first, followed by a scab, or scurvy formation. When this manifestation of disease appears, there is great constitutional debility; this condition is consequent from lack of nutritious food, long and close confinement, hard

labor and being confined to a limited range of food insufficient in nutrition to supply, or rather repair, the wastes of the system, and to mental vexations.

The patient must have rest, and nutritious and desirable food. Give the remedy directed for the cure of gastric disturbance, and use as a wash for the mouth, the following: Take bayberry bark, golden seal, and sage, of each, equal parts. Make from it a strong tea, and add a small bit of borax, and sufficient honey or sugar to make it near a syrup. Wash the mouth four or five times a day. If there are ulcers or sores of much degree, place dry black pepper upon them after using the above wash.

URÆMIA.

In conditions manifesting to which the above name is given, the materials which constitute the urine are in part or wholly retained in the blood, or circulation, from defect in the eliminating powers of the kidneys, or some other deranged function, preventing these materials from being strained off, or eliminated. The somewhat cherry-brown color of the blood seen through the skin of the veins, is due to these matters being retained.

These materials, having served their purposes, by limitation and progressing in degeneracy, go on in decomposition, in which state they are poisons in the body, as is evidenced by the various morbid manifestations which follow their retention, as a dull headache, mental depression, inability to concentrate the mind on any particular subject; despondent, morose, vicious, suicidal tendencies; delirium and insanity, rheumatic and neuralgic aches, eruptions, small pox, boils, carbuncles, typhoid and remittent fever, smotherings, heart disturbance, dropsy, paralysis and apoplexy.

If the retentions of these materials have been of long duration, the skin assumes a pale, dirty-yellowish brown, and expressionless appearance, and may be dry and hot, or damp, flaccid, and more or less sticky to the touch. The offensive odor of the breath and sweat is due to the presence of these decomposed materials, being in the blood. Digestion and assimilation do not go on and loss of strength results.

This morbid condition may manifest in any age of the person's life, and both males and females are subject to it; and, this derangement or morbid condition of the urinary function is the derangement most frequently met. There is not always, not often, pain in the region of the kidneys, but there is usually considerable dull, heavy, sluggish sensations, and, occasionally a "catch" when bringing the body from a sitting or forward posture to the erect.

If this affection has progressed till several of the symptoms I have named are present, or some of them have prominently manifested, there is no remedy of which I have learned, that has such perfect and quick results in giving immediate relief, and so well starting the work of recovery, as a dose of anti-bilious physic—nothing that in one dose (rarely a second dose is necessary to start action) so thoroughly eliminates from the blood and cavities these accumulated morbid products and restores normal functional activity, thus placing the system in a health restoring condition. A heaped teaspoonful of the powder is a dose for an adult, and if alvine action has not been seen in two hours and a half, another dose may be taken (see remedies in this book). The patient's body should be sponge-bathed every second day, using water as warm as can well be borne—and a sitz and foot bath should be taken every evening, at least till the patient is well on the road to recovery.

After the above medicine has been seen to act and the alvine action has abated, nutritious food should be supplied, and the patient permitted to rest. In six hours after taking the above dose, the following may be given: Add half an ounce of sugar of milk to half a pint of water, and give one-fourth of this quantity every four hours until it has all been taken. Then begin taking the following and continue taking till recovery: Take simple syrup and glycerine, of each, three ounces; fluid extract of cascara aromatic, one ounce; tincture of buchu, half an ounce; and podophyllin, two grains. Mix. Shake well the bottle each time before taking a dose. Dose for an adult, a teaspoonful. Take a teaspoonful of this mixture every night just before retiring, for three nights, then continue taking it one dose every third or fourth night.

The treatment may be begun with this remedy, and a cure effected. When beginning the treatment with this remedy, give a dose every four hours till free alvine action is seen to follow, then continue taking it every third or fourth night till restoration to health is obtained. If the appetite is unduly feeble, add one-fourth of a drachm of tincture of gentian, to the above mixture, and mix thoroughly by shaking well the bottle.

Some of the mild attacks of this affection disperse, and a restoration to health ensues, by taking the following mixture: Take simple syrup and glycerine, of each, two ounces; fluid extract cascara, half an ounce; sweet spirits of nitre, half an ounce; and tincture of buchu, half an ounce. Mix, and take a tablespoonful every night, for three nights, then every fourth night, so long as necessary.

If there are offensive odors clinging about the sweat, and breath, add half a teaspoonful of chlorate of potassa to half a glass of water, and give a teaspoonful of the mixture, three times a day for two or three days.

EXCESSIVE FLOW OF URINE.

The amount of urine discharged is influenced at all times of life by heat, which lessens the quantity by increasing sweating, thus taking the fluids from the urinary excretion; and, by cold which checks sweating thus throwing more of this excretion upon the kidneys to do; the amount is also influenced by the quantity of fluids we drink, and the exercise we take. When a morbid condition of the general system manifests, this will cause excessive urination, or deficient urination.

Excessive flow of urine is characterized by frequent discharges of large quantities of urine. This annoyance is due to an atonic condition of the system which permits this excess and perversion. This excessive flow draining the system unduly of its fluids, causes great thirst, a strong call for fluids to replace that abnormal drainage.

This sickness has been called Bright's disease, and diabetes, etc., which names give us no intelligence of either the nature or cause of the morbid condition, or what must be accomplished in order to restore the sufferer to good health.

When this condition manifests, it will be found that a constipated condition of the bowels has been present almost all the time for weeks and perhaps months, the patient becoming debilitated, emaciated, having variable appetite, and fever, and restlessness. The constipation may be alternated by diarrhea. The tongue will be found nastily coated, unpleasant taste in the mouth, especially so in the morning, offensive breath, skin dirty ashen-yellowish, expressionless, and appetite variable, digestion and assimilation badly performed. There may or may not be pains in the loins or region of the kidneys, and the weakness is no greater there than throughout the body. Dropsical manifestations may appear, especially if the morbid con-

dition has been of long duration. Its progress is slower in some cases than in others.

The course that must be pursued in its treatment must be restorative. The functional activity of all of the organs must be obtained. When this is accomplished, the sufferer disposes to get well. This is best and quickest accomplished by arousing the liver to activity, and administering the hot water injection per rectum, and the hot water sitz-baths. The sitz-bath may be administered at night, and the injection in the morning, discontinuing the injections while there is frequent actions from the bowels.

The same remedies that I have directed in the treatment of uræmia, effect a cure for this type of ailment. Give the remedies there directed, and as there directed, and the result will be a cure.

SCALDING OR BURNING ACCOMPANYING MICTURITION.

If there is scalding or burning during micturition, or the passage of urine, or excoriations appear on parts where the urine touches, administer the hot water sitz-bath to extend well near the waist line, also take the foot bath once a day. Add a teaspoonful of acetate of potassium to four ounces of water and take a teaspoonful of the mixture four times a day. Give a teaspoonful of the preparation containing cascara and podophyllin, as directed in the treatment of uræmia, every night for three nights, then about twice a week.

CATARRH OF THE BLADDER OR URINARY ORGANS.

If there is a catarrhal, mucous, or hemorrhagic or bloody discharge from these parts, make a liniment of three ounces of each of spirits of camphor and spirits of turpentine, and half an ounce of castor oil. Thoroughly mix and apply freely over the region of the kidneys morning and evening, or twice a day.

If the retentions of these materials have been of long duration, the skin assumes a pale, dirty-yellowish brown, and expressionless appearance, and may be dry and hot, or damp, flaccid, and more or less sticky to the touch. The offensive odor of the breath and sweat is due to the presence of these decomposed materials, being in the blood. Digestion and assimilation do not go on and loss of strength results.

This morbid condition may manifest in any age of the person's life, and both males and females are subject to it; and, this derangement or morbid condition of the urinary function is the derangement most frequently met. There is not always, not often, pain in the region of the kidneys, but there is usually considerable dull, heavy, sluggish sensations, and, occasionally a "catch" when bringing the body from a sitting or forward posture to the erect.

If this affection has progressed till several of the symptoms I have named are present, or some of them have prominently manifested, there is no remedy of which I have learned, that has such perfect and quick results in giving immediate relief, and so well starting the work of recovery, as a dose of anti-bilious physic—nothing. That in one dose (rarely a second dose is necessary to start action) so thoroughly eliminates from the blood and cavities, these accumulated morbid products, and restores normal functional activity, thus placing the system in a health restoring condition. A heaped teaspoonful of the powder is a dose for an adult, and if alvine action has not been seen in two hours and a half, another dose may be taken (see remedies in this book). The patient's body should be sponge-bathed every second day, using water as warm as can well be borne—and a sitz and foot bath should be taken every evening, at least till the patient is well on the road to recovery.

After the above medicine has been seen to act and the alvine action has abated, nutritious food should be supplied, and the patient permitted to rest. In six hours after taking the above dose, the following may be given: Add half an ounce of sugar of milk to half a pint of water, and give one-fourth of this quantity every four hours until it has all been taken. Then begin taking the following and continue taking till recovery: Take simple syrup and glycerine, of each, three ounces; fluid extract of cascara aromatic, one ounce; tincture of buchu, half an ounce; and podophyllin, two grains. Mix. Shake well the bottle each time before taking a dose. Dose for an adult, a teaspoonful. Take a teaspoonful of this mixture every night just before retiring, for three nights, then continue taking it one dose every third or fourth night.

The treatment may be begun with this remedy, and a cure effected. When beginning the treatment with this remedy, give a dose every four hours till free alvine action is seen to follow, then continue taking it every third or fourth night till restoration to health is obtained. If the appetite is unduly feeble, add one-fourth drachm of tincture of gentian, to the above mixture, and mix thoroughly by shaking well the bottle.

Some of the mild attacks of this affection disperse, and a restoration to health ensues, by taking the following mixture: Take simple syrup and glycerine, of each, two ounces; fluid extract cascara, half an ounce; sweet spirits of nitre, half an ounce; and tincture of buchu, half an ounce. Mix, and take a tablespoonful every night, for three nights, then every fourth night, so long as necessary.

If there are offensive odors clinging about the sweat, and breath, add half a teaspoonful of chlorate of potassa to half a glass of water, and give a teaspoonful of the mixture, three times a day for two or three days.

Mix thoroughly, and divide into twelve powders. Give one every four hours till free alvine dejections are seen. Then one or two powders a week will usually complete the recovery.

STRICTURE OF THE URETHRA.

Stricture of the urethra arises from several causes, as prolonged morbid and sluggish condition of the general system, and exposure to severe cold, but some of the most obstinate cases that are met are the result of morbid habits, are frequently the result of the destructive work of syphilis. The first attacks, however, from whatever cause, are most frequently of the paroxysmal type, and if proper treatment is given and producing causes discontinued, the attacks will not only be ameliorated but cease altogether.

If it is possible to do so, administer a hot water sitz-bath of a quarter of an hour duration, keeping the water as hot as can be borne. Give a full dose of the anti-bilious physic (see remedies in this book) and if action is not seen in two hours and a half, give another dose. Also repeat the sitz-bath, once a day usually being sufficiently frequent.

The above information was given to me by my husband, Dr. Joseph Cobb, who has a large and extended experience in the treatment of disease. He found the above treatment to give the speediest relief of all means in nearly every case. I have administered it in some cases, obtaining the same curative results. After obtaining the immediate relief, the preparation containing cascara and podophyllin, as directed in the treatment of uræmia, a dose every night may be given for four or five nights, then continued for some time, giving a dose every third or fourth night. Or the capsules (see remedies in this book) may be taken, one every night for three or four nights, then twice a week after obtaining the first immediate relief.

In conditions where there is inability to urinate, and it is evident that the bladder is full, if a hot water sitz-bath can not be administered, add four drops of tincture of aconite to a quart of hot water and administer it as injection per rectum. The plain hot water injection alone per rectum, and repeated in two or three hours if needed, very frequently proves all that is necessary. Five drops of tincture of lobelia in a quart of water, and used as injection per rectum, is also efficient in some cases.

OBSERVATIONS.

Some disturbing, irritating sensations, manifest about the pelvic region, occasionally proving quite annoying. In a very large per cent. of these cases, the condition is due to deficient exercise, and deficient excretion, and a general morbid condition of the general health. There is usually an impacted colon, from long continued constipation of the bowels, or from deficient excretions from them. A capsule (see remedies in this book) taken every night, for three or four nights, and the following taken during the day will disperse the annoyance:

Take staphysagrai, one drachm; water, four ounces. Mix, and take a teaspoonful of the mixture, three times a day. The following used as an injection per rectum, at night, before retiring, serves to hasten recovery: Take water, one half gallon; glycerine, half an ounce; and witch hazel, one-fourth of an ounce. Mix, and use hot. This treatment will give the desired relief, when there may be mucous discharges. Continue this treatment, and take the hot water sitz-bath once a day.

This irritated disturbance is frequently due to the presence of pin worms. When this is found to be the condition, add half an ounce of castor oil, to the above injection, and one teaspoonful of spirits of turpentine, and then use as an injection per rectum. Once of this injection is usually sufficient.

Administer the hot water sitz-bath twice a day if the attack is severe; if mild, once a day will do. Take a capsule (see remedies in this book) every three hours, till four or five have been given, or till free biliary alvine action is seen to follow. If there is a severe paroxysm of the above affection accompanied with intense suffering, administer a dose of the anti-bilious physic (see remedies in this book) and apply the liniment more frequently. Also administer the baths as above directed.

RETENTION OF URINE.

In many cases of retention of urine the hot water sitz-bath will cause the expulsion. A woolen mat, or rag folded five or six thicknesses, squeezed from hot water and vinegar, equal parts, and applied over the region of the bladder, changing the application sufficiently frequent to keep hot, also produces the same result in many cases. Equal parts of spirits of camphor and hot water, applied as above, or used as a sitz-bath, gives the desired relief in some very stubborn cases of this annoyance. Withdrawing the urine with a catheter is sometimes necessary for temporary relief. A dose of the anti-bilious physic rarely fails to give speedy relief in these cases. After the temporary relief is obtained the capsules (see remedies in this book) should be given, one every third night, and continued for some time.

STRANGUARY.

Stranguary is a symptom of some morbid condition usually of inflammation. The condition giving off this symptom may arise from various causes that may produce inflammation or irritation. A general morbid condition of the system may give rise to it; also, large doses of cantharides, and large doses of turpentine are said to produce it, though its prime cause is

doubtless closely associated with those producing stricture generally.

Its manifesting symptom or characteristic, is the frequent desire to urinate, the urine being voided in drops or small quantities, and pain associated in the parts.

The speediest relief is obtained from the taking of antibilious physic, and the camphorated hot water sitz-bath, named in the treatment of stricture. The bath should continue for twenty or thirty minutes, and should be repeated twice a day, if the case is severe. Simply hot water used for the bath will do, but the other serves best to quickly disperse inflammation. A bag of woolen fabric filled with bran, and moistened with the camphorated water, and applied over the region of the bladder and well down between the limbs, serves a good purpose, but not quite so well as the sitz-bath. The preparation containing cascara and podophyllin, directed in the treatment of uræmia, given as there directed, will continue restoration to recovery. The patient must be kept quiet and comfortably warm.

If the stranguary resulted from taking cantharides, a discontinuance of taking it, and the hot water sitz-baths, together with rest will soon restore to normal, without other treatment, but usually there is some other cause. A hot water injection per rectum is followed by the desired result, in many cases. Ten drops of tincture of lobelia added to a quart of hot water and administered as injection per rectum has given speedy relief.

In cases of children there may be the presence of worms as an augmenting and irritating factor. When such is suspected to be the condition the following may be given: Take a heaped tablespoonful of sulphur, half of an even teaspoonful of ginger; santonine, two grains; and podophyllin, one-eighth of a grain.

Mix thoroughly, and divide into twelve powders. Give one every four hours till free alvine dejections are seen. Then one or two powders a week will usually complete the recovery.

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Stricture of the urethra arises from several causes, as prolonged morbid and sluggish condition of the general system, and exposure to severe cold, but some of the most obstinate cases that are met are the result of morbid habits, are frequently the result of the destructive work of syphilis. The first attacks, however, from whatever cause, are most frequently of the paroxysmal type, and if proper treatment is given and producing causes discontinued, the attacks will not only be ameliorated but cease altogether.

If it is possible to do so, administer a hot water sitz-bath of a quarter of an hour duration, keeping the water as hot as can be borne. Give a full dose of the anti-bilious physic (see remedies in this book) and if action is not seen in two hours and a half, give another dose. Also repeat the sitz-bath, once a day usually being sufficiently frequent.

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In conditions where there is inability to urinate, and it is evident that the bladder is full, if a hot water sitz-bath can not be administered, add four drops of tincture of aconite to a quart of hot water and administer it as injection per rectum. The plain hot water injection alone per rectum, and repeated in two or three hours if needed, very frequently proves all that is necessary. Five drops of tincture of lobelia in a quart of water, and used as injection per rectum, is also efficient in some cases.

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Take staphysagrai, one drachm; water, four ounces. Mix, and take a teaspoonful of the mixture, three times a day. The following used as an injection per rectum, at night, before retiring, serves to hasten recovery: Take water, one half gallon; glycerine, half an ounce; and witch hazel, one-fourth of an ounce. Mix, and use hot. This treatment will give the desired relief, when there may be mucous discharges. Continue this treatment, and take the hot water sitz-bath once day.

This irritated disturbance is frequently due to the presence of pin worms. When this is found to be the condition, add half an ounce of castor oil, to the above injection, and one teaspoonful of spirits of turpentine, and then use as an injection per rectum. Once of this injection is usually sufficient.

Occasionally there appears great pain in the region of the kidneys, which is slightly relieved after passing urine, or a dull pain in the same region increasing as the bladder is filling, and an unpleasant abdominal fullness. Apply the liniment directed in the treatment of catarrh of the bladder. Give a capsule at night, and during the day take the following: Take lycopodium, three drops, in a little water, three times a day.

For the child that cries during urination, and after, till it is washed off, and exhibits excoriations, relief and cure will usually be obtained by giving the following: Take podophyllin, one grain; sugar of milk, twenty grains; and santonine, two grains. Thoroughly mix and divide into twenty powders. To a child one year old, give one powder every night, or every second or third night till cured. To a child from three to seven years old, give a powder every twelve hours, till betterment is secured, which usually results from the second or third powder.

INCONTINENCE.

This manifestation of morbidness may appear at any age, but it usually manifests in childhood, and senility. I have not found cases in senility difficult to yield to treatment, though there are, doubtless, obstinate cases met in advanced age. Many of the cases met in childhood prove most obstinate to cure. This is partly due to the great difficulty of getting instructions carried out. These are very tedious and wearing cases, the care necessary in treating them being considerable.

It is largely believed that the condition is a sequela to measles or scarlet fever, but it is very doubtful whether the manifestation is due to these causes any more than to any other debilitating cause. Some suppose that it is due to a disposition to be filthy, but such is not the case. These sufferers

are sensitive to offensiveness of condition, and deplore it as keenly as any one.

It is due to a condition of disease, and it is rare that habit is an influencing cause, and when it is, it is when the child is first being deprived of its breech-cloth. When such is the case, a little watchfulness and reminding from the attendant breaks the habit.

In all other conditions there is a flaccid, atonic condition of the system, and the system at no time appears to be well nourished. There is more or less dropsical manifestation over the body, and this by the ordinary observer is considered to indicate a well nourished condition, but such is not the case. The system is much debilitated. If the condition continues for much length of time, the patient becomes dull, stupid, and frequently the legs become not only slow to move, but stiff.

The presence of pin worms, or the long, flat worms, will cause incontinence that will persist in recurring for months or even years, if the body is not freed from them, and the general health built up. To discover if this is the cause, great watchfulness and questioning are necessary. The presence of pin worms may be detected by some being found in the child's clothes or on the bed dressing in the morning, or may be found in the stools, or, there is an irritated or itching manifestation about the rectum. If the larger worms are present, the child will frequently be distressed in its sleep, will mutter, chew and attempt to swallow, usually with a choking sensation.

When the incontinence is due to the presence of worms, the powder I have directed given to children for retention of urine, given as there directed, will cure most cases. While taking the above powders, also give the following: Take tincture of belladonna, ten drops; water, four ounces. Mix and give a teaspoonful of the mixture three times a day.

It is evident that the same remedy will not cure every case, neither will every case alike as promptly get well by any means. Some are slow to get well, while others get well very quickly and even when symptoms appear equally severe in both. The writer has had success from giving not one dozen doses of medicine, and has had other cases that required four months and a half faithful watching. The best and quickest results obtained by the writer were from giving podophyllin (see remedies in this book), and thlapsi bursa. The podophyllin was given just frequently enough to regulate the action of the bowels. The thlapsi bursa was given to a child nine years old, five drops in a spoonful of water three times a day, the last dose being just before going to bed at night.

An alcohol vapor bath administered once a week, has proved curative. The following has given the desired tonic condition to the system necessary to cure: Tincture of wild cherry bark, two ounces; tincture of golden seal, one ounce; tincture of prickly ash berries, one ounce; tincture of gentian, one drachm; and glycerine and simple syrup, of each three ounces. Mix and give a teaspoonful three times a day. This has overcome some obstinate cases.

A teaspoonful of soda added to half a glass of water, and a teaspoonful of this mixture given three times a day, is reported by good authority to have cured some cases.

Dr. E. R. Waterhouse is reported to have given tincture of arnica, from five to ten drops added to four ounces of water, and a teaspoonful of this mixture given three times a day, and to have cured incontinence in both the aged and children.

Sleeping with the hips elevated has cured some cases. I have had speedy success from giving thuga, ten drops added to four ounces of water, and having a teaspoonful of this mixture given three times a day.

These patients must be well clothed and well nourished, or all efforts are ineffectual.

STONE IN THE BLADDER, OR URINARY CALCULI.

Calculus formations in the human body, of proportions to cause sufferings and obstructions, especially in early life, are not of frequent occurrence. When such condition exists, it is due to deficient excretions, and these materials being present in the economy, both from degeneration and excess, if not eliminated and excreted, may accumulate in such abnormal size as to cause distress. Their presence is not spontaneous, but requires time for formation—at least of any perceptible proportions. These formations, if they should exist, have the most favorable conditions for forming in the bladder to which destination these materials are carried in solution, and where they might precipitate, forming what is called urinary calculi, stone in the bladder, and gravel. And the period of life when the conditions are most favorable for its formation, is in the decline of life, when the functions of the economy of the body are imperfectly performed, which is due to increasing degeneracy, looking to final dissolution.

If the excretions are kept normally active, however, abnormal accumulations will have but little if any opportunity to accumulate in any place in the bodily economy.

Many ailments or sufferings associated in both the regions of the gall-duct, liver, and bladder, are due to congestions and inflammation instead of the above formations, and to what is called, in the old fashioned parlance, a condition of "biliousness."

For immediate relief from paroxysmal attack of suffering, the hot water sitz-bath administered and continued for half an hour is efficient. Take acetate of potassium, one drachm; water, four ounces. Mix, and give a teaspoonful of the mix-

ture four times a day. Take a tablespoonful of the mixture containing cascara and podophyllin directed in the treatment of uræmia, every night, for eight or ten nights, then take a dose every third night. The sulphur mixture named in the treatment of gall-stone, serves well in some of these cases, but its action is somewhat slower, yet it is effective.

Hydrangia, also called the seven barks, and the nine barks, has been recommended as being efficient for curing this condition. The preparation being a strong tea (an ounce of the root to a pint of water) and a teaspoonful of the tea given three times a day, to an adult.

Hydrangia, three drops, three times a day, has also been claimed to be efficient.

Tartaric acid, fifteen grains, added to ten ounces of water, a wine glassful of the mixture taken three times a day, has been recommended to disperse stone in the bladder.

It is said that smart weed tea and gin has caused the expulsion of gravel in large quantities in twelve hours after taking: A handful of smart weed (probably an ounce) to a pint of boiling water, taken with a gill of gin. The dose might be divided, probably, making four or two doses, and perhaps taking a dose twice a day would serve the purpose.

WORMS.

Disturbances caused by the presence of worms in the human body are met with in all ages. Numbers of years do not exempt from these annoyers, though sometimes mistakes are made in deciding the presence of worms. Many of the symptoms that have been interpreted as indicative of the presence of worms are symptoms of morbid conditions of the urinary functions and indigestion only. Though there are some symptoms in any single one of the above named afflictions that manifest

in all three, and, as neither affection exists without there being more or less disturbance of the entire system, yet, by carefully watching, the presence of worms can be detected.

The term *ascarides* is applied to those small worms infecting the rectum; they are also sometimes called seat-worms, and pin-worms. There is no doubt but that this variety is of most frequent presence. Their presence is generally known by the passage of some of them, and their presence may be suspected when there is persistent itching about the rectum, or other continued irritable nervousness. Also when piles manifest there is no doubt but their presence is, in some cases, the true cause, as well as being the cause of so many other rectal disturbances. My own observation helps me to form this conclusion. There are many exhibitions of these annoyers that are most obstinate to yield up their habitation, necessitating a hard fought tussle to dislodge them, even by the best known remedies and the most persistent application of them.

How worms come to inhabit the system in the human body is not known. Many causes or means of introduction of them into the system have been theorized on and various ideas given, but nothing is definitely known. It has been supposed that they are introduced into the system or body by eating animal flesh, but that theory explodes when it is known to those of observation and experience in treating these cases that these parasites are found disturbing patients who do not eat animal flesh. One thing is quite certain, they are not found annoying healthy people; when any variety of them appears it is in subjects whose general health is much impaired. At least, if a person is in good health these parasites do not manifest annoyingly.

Usually the following powder will disperse them when present: Take sugar of milk, forty grains; santonine, two grains;

podophyllin, one grain. Thoroughly rub together and divide into ten powders. Give one powder at night just before going to bed, and the remaining powders, one three times a day. The next morning before taking any breakfast, take a dose of the anti-bilious physic.

A pint of boiling water, added to two ounces of soot, let it stand to settle, then drain off the clear liquid, and use one-half of the quantity at one time, as injection per rectum, repeating the injection every day, for several days, is reported to be effectual in removing pin worms.

Also, a strong spear mint tea, half a pint drunk morning and evening, and a pint of the tea used as injection per rectum, repeating the injections every day, is said to disperse them.

One-fourth of an ounce of spirits of turpentine, mixed in half an ounce of castor oil, and added to a pint of hot water, and this used as injection as above, has proved effectual in dislodging the pin worms. About the external and immediate internal rectal parts may be anointed with castor oil or vaseline, and thus protecting them from the turpentine, as its contact with the inner parts gives no disturbance.

The following powder was recommended by its author, Prof. John King, M. D., to be efficient in removing any variety of worm that exists in the alimentary canal: Take of white Indian hemp, pink root, mandrake, bitter-root, of each, in powder, two ounces, and socretine aloes, in powder four scruples. Thoroughly mix. For a child a year old, place a teaspoonful of the powder in a gill of molasses and mix. Give a teaspoonful of this mixture every two or three hours till free alvine dejections are seen. Dose for adults, a tablespoonful of the mixture, given the same frequency as above.

WORMS.—THE TAPE WORM.

The presence of tape worm is always known by appearance of portion of it passing with the feces, or there may be pieces of it found in the clothing, or on the bed clothing that may have passed in the night.

The following remedy has been successfully used for many years by many physicians, for removing the tape worm; also both my husband, Dr. Joseph Cobb, and myself, have used it successfully, in removing the tape worm: Place half a pound of bark of pomegranate root, in an earthen ware vessel, pour over it two pints and a half of boiling water and let it stand in a warm place for two hours, then boil it till only half of the fluid remains. Remove it from the fire and strain it while it is hot. To every six ounces of this decoction, or tea, add one drachm of fluid extract of jallap and five drops of oil of anise, or fifteen drops of essence of peppermint if preferred. Six ounces of this mixture is a dose for an adult.

Before giving the above it serves the best, if a dose of the anti-bilious physic is given and permitted to complete its action. After the action of this remedy has subsided, give six ounces of bark tea, and in two hours and a half, if the worm has not been seen to appear, another dose of the tea may be given.

Also, the following is said to be safe, speedy, and effectual: Take kousso, the flowers in powder, four drachms; place it in an earthen ware vessel, pour over it three-fourths of a pint of boiling water and permit it to steep for fifteen or twenty minutes. It may be taken all at one dose, or half of it taken, wait an hour and then take the remainder. The dose of anti-bilious physic should be taken as in the former case.

The bark tea, and the koussou preparation must be taken *hot*, or *cold*, as by taking either of them warm, vomiting is likely to follow.

Margossian is reported in the Philadelphia Med. Jour., as having given half an ounce of oleoresin of male fern, at one sitting, for the removal of the tape worm, with the result that the head and entire length was expelled within two hours.

The writer is of the opinion that in one case which she was directing, that the removal of the worm was the result of giving the capsules (see remedies in this book), in which active catharsis was produced.

When pin worms are present, the presence of tape worm may be suspected.

DISEASES OF THE HEART.

The heart is subject to disturbances and abnormalities somewhat proportionate with other parts of the body. Though it has much less rest than any other part, or vital organ in the economy, it is less frequently the seat of disease than is generally supposed. Its condition is influenced by the condition of the general health and the state of the mind.

The function of the heart is peculiarly distinctive—differing much from the functions of other vital organs: It receives and expels the blood, but makes no chemical change in its composition, hence does not affect nutrition, or elimination. Its force must be generated in the laboratory of nutrition, and the activity and harmony of its function is influenced by the condition of the blood conveyed to its sanctum.

Its structures are renewed and its detritus disposed of, in the same way as is effected in the structures of the other parts of the body. The condition of the tissues or structures of the remainder of the body gives conclusive evidence of the condition of the structure or tissues of the heart.

In the condition termed "fatty degeneration of the heart," the general tissues will be found far advanced in the condition of adipocere—death, and the heart is only partaking in what the whole system or body is undergoing—is dying. In this condition, *fat, natural, living fat*, has certainly exhausted its power to live—has lived its life limit. Fat to a certain stage is living, is alive, but beyond that it is undoubtedly degeneracy, and in condition of fatty degeneracy of the heart, there is fatty degeneracy of the body, the component parts other than fat, by decay or putrefaction also being destroyed. The condition must either be attributed to excessive nutrition and deficient elimination progressed to a degree to either exhaust or smother out, as it were, vitality in the parts, or, to complete death by having consumed its limit of power to continue life, hence is dead—a natural dead, as we might term it.

And so in conditions of dropsy, extreme impoverishment exists throughout the system—the forces let go, as it were, a flaccid condition manifests, and the fluid having no force to bind or confine it in the right channel, exudes, or like an uncontrolled child, "goes where it pleases," and like the child, to the greatest degree, goes wrong.

If we can overcome this condition, which must be done by promoting normal elimination, excretion and wholesome nutrition, we cure the patient; if we cannot do this, the system not being supplied with the necessaries for continuance of life, death must ensue. This embodies the only reliable way and means of rectifying abnormal conditions of the heart, and remedies, habits and nutritions that give, or favor, the above results are our remedies to cure "heart disease", no matter of what type.

Remedies that excite, stimulate or depress directly must be strictly discarded.

Anything that deranges the general health will proportionately annoy the heart, as nervous prostration, lack of sufficient repose—rest, indigestion, improper food, hard work continued to prostration, or heavy work producing strain, occupations which give unsatisfactory results, aggravation, vexation and discontent, emaciation of the body, as in dropsy or great feebleness, uneliminated and retained excretions, venereal excesses, drinking alcoholic beverages, using tobacco and morphine. These explain sufficiently for general purposes, and if looked after carefully life will go on fairly smooth so far as the heart is concerned.

The heart being hidden from view, knowledge by inspection cannot be obtained, hence the sensations experienced by the patient, and oscultation, and perhaps by percussion, must be the principal means of detecting the existence of the disease affecting the heart; and to be able to do this requires long and careful study, observation and experience, and even then the greatest mistakes are made, as symptoms are very misleading. And, also, to single out many of the abnormal behaviors attributed to the heart requires a high-degree-magnifying lens of the imagination to detect. The animal heart or physical heart pursues a fairly steady gait, notwithstanding the moral heart is exceedingly tricky, fearfully deceptive and desperately wicked.

The smothering sensations, and apparent fullness, and depressed feeling about the heart are due to the vitiating influences of effete materials remaining in the blood, chiefly that portion which should be eliminated by the urinary channels, augmented by undigested, decomposing substances, causing gaseous accumulations, which may have entered the circulation. This condition, together with feebleness, causes palpitation and fainting, though worrying, undue excitement, sudden grief, or perplexities, may provoke an attack.

A paroxysmal attack of the above named manifestation is relieved by the administration of the following: Take *nux vomica*, five drops; water, four ounces. Mix, and give a teaspoonful of the mixture every ten minutes, in cases of severity, for the first hour, changing the time for giving the dose to two hours, as betterment ensues.

Digitalis five drops, added to four ounces of water, and a teaspoonful of the mixture given every hour, in severe paroxysms, for three or four hours, then continuing every two hours so long as needed, serves a good purpose in many of these conditions of palpitations. When giving this remedy every two hours, it may be given alternately with giving the *nux vomica* during the day.

If there is a fetid odor about the breath or sweat, a full, smothering sensation about the heart, the skin a pale, dirty-ashen hue, give a dose of the anti-bilious physic. This remedy is moderately cathartic, and diuretic, and is a most elegant eliminator of the obnoxious abnormalities from the circulation and cavities, and gives a most speedy and lasting relief. After this powder has been administered, let the patient remain quiet, and give no other medicine for thirty-six hours, but the *digitalis* mixture, which may be given twice daily.

The capsules (see remedies in this book) taken as directed in remedies, frequently prove all the medicine needed in many of these cases. In cases where dropsical manifestations appear, the following remedy serves the desired purpose in curable cases: Take sulphur and cream of tartar, of each, two heaped table-spoonfuls; podophyllin, half a grain. Thoroughly mix, and divide into thirty powders. Give a powder, dry, or mixed in honey, sufficiently frequent to produce about three alvine dejections daily.

Sherry wine and glycerine, of each, half a pint; tincture of gentian, one drachm; tincture of taraxacum, three drachms. Mix,

and give a teaspoonful of the mixture three times a day. This has a tonic alterative action, and is valuable in conditions of feebleness and when a mild action is most desirable.

HEART-BURN.

The term heart-burn, as commonly applied to an abnormal manifestation, is a name a little out of place, no such disease being yet discovered as *heart-burn*. The disturbance given the above name, is not due to heart-lesion, but to the gastric disturbance of digestion. The uneasy sensation of the heart and the acrimony experienced about the pit of the stomach are due to the fermented and decomposing foods in the stomach. The foods not having been properly digested, assume a fermented condition, producing acid—the gastric juices sometimes turning unduly acid. This condition may and does arise from “biliousness,” or from a debilitated condition of the stomach.

Alcoholic beverages will produce this condition, as also, hemorrhage from the stomach. It is also kept up by smoking and chewing tobacco. When these habits are present, they must be discontinued. There is usually a fullness or distended feeling in the stomach, the eructations are acid, and the fluids ejected from the stomach produce a sensation of scalding. When this is present, usually the stomach is empty; when this is the condition, keeping the patient quiet, and giving of hot water, to which a few drops of essence of peppermint have been added, frequently proves all that is necessary, in addition to prohibiting foods for twelve or twenty-four hours.

At the expiration of that time, should the distress continue in the stomach, a dose of salts may be given. Should recurrence persist, give the mixture containing podophyllin and cascara, directed in the treatment of uræmia, as there directed.

“BILIOUS VOMITING.”

Frequently when this condition exhibits, when the stomach gets empty from the vomiting, the vomiting will stop. When it does not do so, give an injection of hot water, and keep the patient quiet in the recumbent position, and the attack will usually pass off. Half an ounce of glycerine added to a pint of water used for the injection, gives a better result. A few sups of hot water, hot as can possibly be supped, will frequently check the vomiting, or a few sups of peach tree bark tea, or hot tea, such as used at the table. Also a hot water bath to the feet and legs. The injection should be repeated if alvine action is not seen to follow the first injection soon, but the stomach must remain undisturbed as much as possible, at least for thirty-six to forty-eight hours. A capsule (see remedies in this book) given every night for three nights, then twice a week so long as needed, will place the system right, also prevent its return.

EPILEPSY.

Epilepsy, or falling sickness, exhibits by the subject suddenly falling, and loss of the senses; there may or may not be contortions, and as the paroxysm declines the patient usually falls to sleep, or inclines to. It may end in complete insanity. There are usually premonitory symptoms of an attack, as increased nervousness, heavy pain, full or dizzy sensation in the head, or mental disturbance. Though the disturbance may manifest at any age, it usually manifests in childhood, or early youth, and both sexes supply its victims.

Puberty is not productive of it, though this disease may, as some other morbid conditions which may be present in the system at the developing or continuing of puberty, may increase in severity, or, may disappear altogether, which is due to the system either progressing in decline from the new duties

involved upon it, or, the turning point, permitting the system to increase in strength and thus become able to throw off the old environments of abnormality.

Its manifestation may be due to various causes. It may be due to mechanical injury, to sexual excesses of one or both parents especially during gestation, to various personal habits, to smoking and chewing tobacco, to drinking intoxicants, to excessive coffee drinking, to "biliousness" and persistent sluggish excretions, as constipated bowels and deficient uric eliminations, or it may be congenital—a species of checked development, or hereditary diathesis.

If its presence is due to the two first named causes, there is but little encouragement to hope for betterment, or, if due to checked development of vital forces—the powers or forces necessary to good digestion, assimilation, and excretion. If it is acquired—due to some habit of the patient, the leaving off of the predisposing habit, and restoring bodily health, will effect a cure. But even cases of the last named causes, the condition may have continued till the vital energies are destroyed.

It is useless to attempt a cure or even a betterment till the habits promoting the disease are eliminated—left off. No progress in cure or betterment can be made while drinking intoxicants, smoking or chewing tobacco, smoking cigarettes, taking morphine, and other vicious habits are indulged in. After the bad habits are discontinued, treatment to effect and establish healthy elimination and excretion, digestion, and to continue to perfect a cure may be begun.

The body should be sponge-bathed two or three times a week. In curable cases the following gives satisfaction frequently: Take glycerine, four ounces; olive oil, two ounces;

and sweet spirits of nitre, one ounce. Mix, and (to an adult) give a teaspoonful of this mixture, three times a day.

Dr. Goss, recommended sweet clover, to cure epilepsy, spasm, and convulsions. For children, from one to two drops, three times a day, and for adults, from five to six drops, also three times a day.

FEVERS

In almost every disturbance the human body is subject to, there exhibits a condition called fever, a rise of temperature, proportionately accompanied by, or preceded and accompanied by excessive destruction of tissue, and deficient renewal—deficient repair—deficient nutrition, and, perversion and derangement of functional activity of the excretory organs.

While there are various manifesting prominent features to which various names have been given, as typhoid fever, typhus fever, yellow fever, lung fever, pneumonia fever, malarial fever, etc., the essential nature is the same, the four stages or conditions of progress accompanying all types, no matter by what name it may be designated. In all cases there exhibits the coming down period; the stage of invasion, dominance or duration; and the decline. The coming down period is marked by the enfeebling of the general health—frequently manifesting so gradually as to be quite unnoticeable for considerable time. The period of duration or dominance, in its earlier manifestings, the increasing heat or rise of temperature is internal, the surface remaining cold and pale, especially the feet and hands, the patient realizing a sense of chilliness, or rigors or shiverings; continuing, the surface becomes hot and dry—heat appears in place of shiverings and more or less restlessness exhibits. The decline begins to manifest by a lessening of the above symptoms, a lowering of temperature, a soft and less frequent pulse, and a return to normal conditions generally; the appetite, and func-

tional excretory activities appearing—these conditions following or exhibiting as the excretory functions manifest or are re-established, which is evident by the sweating or evacuations which present immediately preceding or accompanying this change.

The beginning of this period is generally called a *crisis*, especially when it appears abrupt. In proportion as the coming down period was gradual, or somewhat sudden, the decline of the fever, or recovering period usually appears to progress similarly. The vital energies, or powers of endurance may be so far exhausted that death may take place in any of these recognized periods, or stages.

Every age has its researchers attempting to penetrate the essential nature of fevers, and various theories are advanced which are vague and unsatisfactory. Every atom in the body has that constant tendency to revert back to its original element, "the dust to dust," or to expire by limitation of its time for endurance as matter or material of the human body. This condition is constantly going on. When the reparative processes are in harmony, or are performing their proper activity proportionately with the above tendency, and the excretory organs are removing from the economy of the body the products of this degeneracy, that equilibrium is maintained which is necessary for continuing life and preserving health. To a morbid condition or derangement of these functions is due the condition which exists in these conditions we term fever, is the opinion of the writer, and, to remove, favor or restore health, excretions must be established, nutrition promoted, and excessive degeneracy checked.

Unfavorable symptoms in any type of fever are constant depression of the powers of the mind, delirium, stertorous breathing, deep and profound sleep, especially if prolonged,

copious sweating, great exhaustion and debility, continued twitching of the tendons, hemorrhage from the stomach or bowels, immoderate and continued discharges from the bowels, and excessive swellings of the abdomen.

TYPHOID FEVER.

In conditions of disease generally termed typhoid fever, there exhibits great degeneracy, usually of long continuance, the vital energies are feeble, and there may or may not be eruption over the body. Many of its most prominent symptoms are equally prominent in pulmonary consumption, dropsy, scarlet fever, the sore throat called diphtheria, cerebro spinal meningitis and croup; as great prostration, of the entire system, stupefaction and drowsiness, tongue coated white with red papilla protruding, followed by yellow-brown coating in the center, especially at the base, and the edges red and shining; breath fetid, frequently stinking, intense heat of the skin, usually dry—occasionally a clammy moisture; there is fever, pulse high, excretions not well performed, excessive waste, and deficient nutrition, the mind frequently wanders and there are incoherent mutterings. There is more or less nervousness, the nerves becoming quite delirious, and this condition sometimes is found to prolong even when recovery in all other ways seems quite perfect.

Persons in any locality may be affected with it, and at any age. Any influences that depress or exhaust the energies of the economy of the body predispose to this manifestation of disease, as hard labor, mental or manual, the depressing influence of excessive heat, deficient nutrition, and uncongenial environments, thus constantly keeping the person in a state of mental depression which prevents even the most wholesome foods from digesting and nourishing. Cases sometimes are met in which the causes are not readily singled out.

The presence of the disease is not due to contagion, nor yet, not wholly to filthy surroundings, but to undue degeneracy of the body, and the poisons from this degeneracy and the unexcreted effete materials of the body's self—to the sewer gases within the body, rather, than to the sewer gases without the body.

Especially during the acme of the attack the body should be sponge-bathed every day, using the hot water for this purpose. Two drachms of each, of essence of peppermint and spirits of camphor, added to a gallon of water used for this purpose, much improve the benefit derived.

The following gives the kindly result in favoring the establishment of secretion and excretion, dispersing fever, and promoting digestion: Take olive oil, and water, of each, two ounces; glycerine, four ounces and *polymnia uvedalia*, two drachms. Mix, and give a teaspoonful of the mixture four times a day. Much relief is experienced from the first, in taking this mixture, and the excretions begin to perform early; the dull, "deep-sodden achings" disperse, and there is a lessening of tension and heat, and also, more restfulness disposes. If there has been constipation of the bowels, this remedy may be given, a teaspoonful every three hours, till alvine action is seen. But the writer prefers to give this remedy as above directed, and to hasten alvine dejections by the hot water injections per rectum. To a pint of the water used, add half an ounce of glycerine, and repeat the injection in three hours if necessary.

Usually the hot water spongings and frequent sups of hot water will control the delirium, especially till the systematic effect from the above remedy is obtained. The hot water increases the eliminating function of the kidneys, favors a better

condition of the stomach, and gives sedation to the nervous excitation.

Five drops of tincture of aconite, added to four ounces of water, a teaspoonful of the mixture given every one, or two hours, appears to aid in allaying the fever in some cases. Generally, however, the fever is imperceptibly controlled by the above remedies till the excretions are somewhat normally manifesting.

For checking the hemorrhagic disposition, there is no remedy of which I know that equals the following: Essence of cinnamon, half a drachm; oil of erigeron, ten drops. Mix, and give the dose on sugar, or in syrup sufficient. The dose may be repeated in twenty minutes, half an hour or longer time as needed.

Ten drops of spirits of turpentine given each morning during the acme of the fever, is of great advantage. Its action is rapid, speedily increasing the eliminating function of the urinary tract, thus removing depression; it removes dryness from the mouth and nausea from the stomach, kindly influences the mucous and serous linings of the intestinal tract, checks the generation of gas, and if present, it disperses it.

The following serves a good tonic and alterative purpose: Take tincture of wild cherry bark, two ounces; tincture of gentian, one-fourth of a drachm; tincture of golden seal, half an ounce; tincture of prickly ash berries, half an ounce; glycerine, three ounces, and simple syrup, one ounce. Mix, and give a teaspoonful three times a day. This mixture promotes recuperation.

Malt with pepsin and pancreatin, a tablespoonful given three times a day before meals, kindly promotes the appetite and digestion in some cases.

The following serves well in favoring recovery: Take simple syrup and glycerine, of each two ounces; chionanthus, four drachms; tincture of golden seal, two drachms; dioscorea vil., fifteen drops; tincture of buchu and sweet spirits of nitre, of each half an ounce; fluid extract cascara aromatic, one ounce; and fluid extract of ginger, two drachms. Mix. Give a teaspoonful three times a day.

This is an excellent preparation to give in cases where there is great loss of strength, and emaciation following fevers of any kind, and serves well in these cases of fever.

Kava kava, two drachms added to three ounces of water, a teaspoonful of the mixture given twice a day serves to increase the urinary activity, and also improves the appetite.

Dr. Owen W. Paget, of Freemantle, South Australia, in an issue of the Lancet claimed to have treated over one hundred cases of typhoid fever with no other remedy than olive oil, without a death. He gave from five to ten ounces in the form of an enema, every twelve to twenty-four hours for the first five or six days. After that, every second or third day, or, if the bowels were regular, left off entirely. When the bowels did not respond by injections he gave a teacupful at breakfast, by mouth. The properties of the olive oil are, it is nutritive, quite easily digested and mildly laxative, thus meeting several of the prime requirements in curing typhoid fever, namely, nutrition easy of appropriation and an agreeable aid to the function of excretion.

There can be no unchangeable line of feeding directed for these patients. Most frequently the patient's desires are the correct guide; and while patients in this impoverished condition of body sometimes exhibit singular freaks of appetite and desires for food, yet it is usually best to guardedly satisfy these desires or inclinations. The writer is of the opinion that it is

a grave mistake to confine these patients entirely to milk, as is done by many, and has long since made the list of forbidables to consist of fried and greasy dishes, pie, cakes, soups, cucumber pickles, coffee and whiskey and its kind of stimulants, occasionally permitting the coffee and a taste of the cucumber pickles out of list. The patient must not be permitted to overgorge, and the eating serves best when confined to the three times a day.

Cow's milk, and also Horlick's Malted milk, may be permitted when the patient desires this at the meal.

CEREBRO-SPINAL MENINGITIS.—SPOTTED FEVER.

A manifestation of disease, given the above names by some authors, by others, *typhus cincopalis* or *sinking fever*, *malignant fever*, and *typhoides*, is the type of disease commonly known as typhoid fever, and manifests varying symptoms in different degrees of intensity. Its subjects are those of run-down systems—the general health in feeble condition, which is due to being poorly fed, poorly clothed, prolonged exposure to inclement weather, prolonged hard work, long exhausting marches, long continued mental strain in business or study, discontent and worryings, and long continued loss of sleep.

And cases of it have been met in which the necessary comforts of life with happy surroundings and environments were plentifully supplied, in which case a reason for its manifestation was not so easily selected out. An exceedingly severe case of this class came under the care of the writer in recent years. The most that could be said in this case is, that the same causes that work in the system producing the run down condition found in typhoid fever cases, produced this condition in this case, and all like cases. The delirium of the nerves in this case extended to every part of the body with exceedingly great

severity, no part of the body being spared, neither inside nor outside, all alike partaking in the delirium.

This type of disease, like all manifestations of ailments, has its coming-down period, which may, in a degree, extend over weeks and even months, which is readily noticeable if observation is duly given.

High temperature, flushed face, nausea and sometimes vomiting, uneasiness, restlessness, and sometimes delirium of both mind and nerves, any or all of these symptoms may present in varying degrees. Constipation usually exists, or has been the habit, though diarrhea occasionally manifests, and these conditions may have been alternating for some time.

This fever develops about as other fevers do, especially like typhoid fever and is one in which not only its development, but its progress, is so markedly like typhoid, that the writer has not been able to detect the difference in the condition called typhoid and the condition called cerebro-spinal meningitis. The degrees of severity in both alike are greater in some cases than in others. Both alike dispose to protract, to continue for a long length of time, and recovery in both conditions is generally slow.

The greatest severity in both cases may extend through eight or ten weeks, and in the severest cases perfect recovery may require two years to complete. In some cases that have lived through an attack, the patient has been left not only bodily crippled, but the mind or mental capabilities destroyed. The delirium of the nerves that accompanies some cases during its progress, is usually slow to disappear, clinging to parts for several months, usually the vocal parts and the hands being afflicted the longest time.

The treatments and care directed in this work for typhoid fever, will be found to meet the needs in the ailment usually

called by the above terms, the writer having seen nothing by which to be guided into making any distinction between the manifestations, or requirements for treatment.

When the severer attacks of nervousness manifest, especially along the spinal column, sponge-bathe along this line, using water hot as can be borne, and dry by brisk rubbing with the bath towel. A teaspoonful of spirits of camphor and half an ounce of essence of peppermint may be added to a half gallon of water used, with great benefit to the patient.

This nervousness, after it is "broken up" and is disposing to disappear, bunches up, as it were, about the joints of the limbs usually, occasionally a case being met in which considerable enlargement presents. The bath administered as above to these parts hastens its dispersion. Also the following liniment may be applied, both to these parts and the spinal column, with great benefit, as it not only removes a sense of soreness that appears, but quiets the nerves very much and also promotes a better circulation in the parts, which is highly beneficial: Take spirits of camphor, one ounce; essence of peppermint, four ounces; glycerine, three ounces; spirits of turpentine, one ounce; and castor oil, one ounce. Mix and apply as above directed.

AGUE.—CHILLS AND FEVER.

Ague, or chills and fever, are terms that have been applied to a type of disease attributed to malaria. It consists, in its immediate onset, of a chilly or cold sensation followed by fever. This is sometimes succeeded by sweating. Unless checked by proper treatment, these manifestations may recur any number of times, till death may claim the subject. Usually these manifestations recur ever other day, occasionally every day, every third day, or with no regularity.

This exhibition of disease usually ushers in the immediate onset of some well developed ailment due to more or less general derangement and debility, as eruptive fevers, sore throat, derangement of the kidneys, glandular fever—(herpes zoster,) typhoid fever, and numerous other types of ailments. In fact, almost every type of ailment makes its immediate advent with more or less pronounced chill or chilliness, followed by more or less rise of temperature. And frequently there is but the one marked chill, though the fever may continue or recur.

The chill may appear at any time of the day or night. In the increasing severity it appears at an earlier hour, and in the decreasing severity, at a later hour. It is marked by cold flashes running up and down the body, headache, yawning, thirst, shivering and trembling, fingers sometimes blue, and occasionally vomiting or nausea. Excretions are imperfectly performed, and delirium sometimes exhibits.

In from four to eight hours from the attack of the chill, many of the morbid symptoms disappear and remain absent during the intermission till another attack, except in pronounced eruptive fevers, in which cases there is usually but one attack of chill.

Prolonged exposure to severe cold and damp weather, will cause chill, and, a general impairment of health. An abnormal condition of the spleen, liver and kidneys, constipated bowels, and improper feeding, are its prime causes.

In the treatment of the various types of disease which are introduced by a chill the treatment must be directed according to the following developments: If measles, small pox, erysipelas, typhoid fever, etc., treat as directed for those types.

The patient should be placed comfortably in bed, especially during the attack of the chill, the succeeding fever and sweating, and be permitted to remain quiet. The recurrent or inter-

mittent type will usually disappear when the pre-existing morbid conditions are removed and the secretory and excretory functions restored; the appetite and assimilation will return and convalescence progress.

The alcohol vapor bath, taken to produce sweating just before the expected return of the chill, and repeated at each expected return for two or three times, will stop the chills.

When the condition is due to the presence of worms, treat the patient for the removal of worms (see treatment for removal of worms in this book).

Most of these attacks disperse from thoroughly cleansing the system by taking the capsules (see remedies in this book) and the taking of cinchonidia a few successive mornings. Fill No. 2 capsules with cinchonidia and give one every two hours, beginning the taking sufficiently early to permit of the taking of four capsules, the last one of which shall be taken two hours before the time for the expected return of the chill. But instead of the cinchonidia alone, I really prefer equal parts of cinchonidia, capsicum and golden seal, mixed and given as above directed.

After taking the capsules sufficient to produce free biliary alvine dejections, the following will be found to cure most every case: Take polymnia uvedalia, one drachm; glycerine and water, of each four ounces. Mix and take a teaspoonful of the mixture three times a day.

The following restorative tonic aids in improving the condition of the health: Take wine, a pint; half an ounce of tincture of prickly ash berries; tincture of buchu, half an ounce; glycerine, three ounces; cinchona cal. and tincture of gentian, of each one drachm; and tincture of capsicum, two drachms. Mix and take a teaspoonful morning and evening.

Some very obstinate attacks disperse following the taking of a heaped teaspoonful of sulphur every morning for three successive mornings each week, omitting three or four mornings between these periods of taking the sulphur.

After cleansing the system with the capsules, the free use of lemons appears to complete the cure in some cases. In fact the curing of "chills and ague" almost consists in "getting rid of the biliousness" and sufficient rest.

MALARIAL FEVER.

Malaria is a name given to disease manifesting with fever and periodicity. It is considered by most authors to be caused by noxious gases from decomposing vegetable matter, though some are not satisfied with such explanation for its cause or origin. It has been called names after the names of different localities in which a case was found (and there is no accounting for freaks of science when it gets down to earnest name-giving), as African fever, Bengal fever, Michigan fever, etc.; it has also been called typhoid, and bilious fever.

However, there is no *specific anything* about the type given this name that may not associate with any manifestation of disease. It has marked periodicity as one of its symptoms, but this associates more or less with every manifestation of disease and every case of injury of any degree of severity. The cause of periodicity manifesting in conditions of disease, with the light we have at present, affords us no means of accounting for it—or understanding its cause. Really there is a well defined periodicity embodied in the life or living of the body's self.

The appearance of this fever is not confined to any locality nor any season of the year, and persons of any age may be attacked with it. It does not suddenly develope, its formative stage may and frequently does extend through weeks, marked

by failing and enfeebling health. And this progressing travel marks, in some degree, every ailment the human flesh is heir to, and any manifestation with any peculiarity to seemingly specialize one condition of sickness from another, may be as appropriately called this name as any other. And whatever manifesting peculiarity presents, must be treated as the peculiarity requires.

BRAIN FEVER.—INFAMMATION OF THE BRAIN.

Except when caused from mechanical injury to the head, brain fever or inflammation of the brain, is of very seldom occurrence. The mental and nervous disturbances which have been usually considered to be due to the above named lesion, inflammation of the brain, are but reflex—the cause of the manifesting disturbance being due to the poisoning and depressing influence of the uneliminated morbid matters in the blood.

The nausea, sometimes vomiting, restlessness, wakefulness, hot head and cold feet, the disturbed mind—the delirium, are pretty nearly consequent upon perpetually over-loading the stomach, eating improper food, thus keeping the stomach filled with decomposing substances, the blood overloaded with gases therefrom, and, the morbidness of retained excretions; and the outburst is nature's rebelling against such prolonged imposition.

Sponge-bathe the surface of the body, using the water hot as can be borne, and to a gallon of the water used for this purpose, add a little aqua ammonia.

Add one-fourth of a teaspoonful of each of tincture of lobelia and capsicum, to a pint of water, and administer half of this quantity as injection per rectum, (for a child from three to six years old). It may be repeated in an hour, if alvine dejections have not been seen. Add five drops of tincture of nux

vomica, to four ounces of water, and give a teaspoonful of this mixture every two hours. Also, add five drops of tincture of aconite, to four ounces of water, and give a teaspoonful of this mixture every two hours, beginning this one hour after having given the first dose of the other mixture. This treatment meets the needs in many cases, and there are but few cases that immediate relief does not ensue. Both of the above medicines may be put in the one four ounces of water, and a dose given every two hours.

Where there is fetid odor about the breath, distention of stomach and bowels, give a powder of the podophyllin (see remedies in this book), every six hours till biliary alvine action is seen, and continue giving the above directed aconite and nuxvomica mixtures.

In adults, in patients addicted to intoxicating drinks, gross eating, or, in conditions of great "biliousness," a dose of the anti-bilious physic, given, and the sponge-bathings and quiet, give the speedy relief desired. About forty-eight hours after taking the above physic, the patient may take a capsule (see remedies in this book), and continue taking one every night to every third or fourth night, so long as needed.

ANÆMIC GLANDULAR FEVER.—HERPES ZOSTER, OR SHINGLES.

A type of ailment, usually exhibiting an eruption on the surface of the body, and called by name, herpes zoster, shingles, and herpes circinatus or ringworm, and various other names, is anæmic glandular fever. Occasionally it disposes to recovery very sluggishly. It continues from ten days to six weeks, and two months in some cases, though some cases require but little attention and recovery is rapid.

It is due to great debility, and constitutional derangement, conditions favoring its development being very much in common with these disposing or provoking nervous prostration and gout—as excessive and prolonged mental labor, deficient muscular exercise or muscular exercise pursued to prostration or exhaustion, mental strain, as worry or discontent, too close confinement indoors—in heated rooms, and sluggish activities of the urinary and alvine excretory functions and ill-nutrition. It may manifest during convalescence from pneumonia, or any debilitated condition of the system. And, the eruption may appear on any part of the body—as in blisters or little sores around the corners of the mouth on the lips, about the nose and nasal cavities, about the edges of the eyes, about the ears, or, about the excretory outlets, in vesicles or vesicular patches, as in ringworm which usually appears on the face and neck, but which may appear on any part of the body; also, as in herpes zoster or shingles appearing on the body, as in salt rheum or tetter appearing upon the scalp or on the face covered with the whiskers. It also appears upon the hands of washerwomen, which is due to the continued destruction of the skin nutrient from the effect of the alkali used in washing; laborers, grocers, and persons continually handling irritable substances and substances requiring frequent washings of the hands, are also victims of it.

Fever indisposition, and malaise, more or less marked, precede the development of the eruption, and in addition in those cases where no eruption appears more than a blister or so about the lips, a bruised sensation and neuralgic pain about the liver and spleen appears—the soreness frequently extending quite around the body at this location, which is due to the enlarged and inflamed condition of the spleen and liver; hence I name the manifestation, *anæmic glandular fever*. This

type is slow to recover, and frequently marked exhibits of gout attack the feet and hands, and the urinary apparatus is much distressed.

When appearing on some parts of the body a guilty conscience suspicions the undesirable disease, but this may be distinguished from that disease by the absence of disposition to suppurate, as usually upon rupturing, these vesicles dry, scale off and disappear and the livid color present in venereal eruptions is absent.

Persons of any age may suffer an attack and any number of recurrences may be experienced, and either sex supply its victims. Some years the aged supply its most severe cases.

In all cases the general health must be given attention, placing it in improving condition and stop the disposing cause. Rest in the recumbent position, easily digested food, hot water baths to the feet and hot water spongings to the surface of the body, and outings in the fresh air are some of the chief necessities for effecting a cure.

Wash the surface of the body every day or every second day, using hot water and castile soap, and give the feet a soaking hot water bath each evening before sleeping time. Where there may be eruptions, after the above washings, rinse the parts with water, to a pint of which has been added two teaspoonfuls of tincture of benzoin. It is rare that more than one to three washings with this remedy is needed. If any of the vesicles dispose to be sluggish in getting well, vaseline one ounce, and resin benzoin two grains, mixed, and a small portion applied daily will hasten their healing. These remedies may be applied to any of the parts requiring a special dressing. After the cleansing and anointing, a bit of unwashed cotton may be placed over any part unduly tender and confined in place by means of adhesive plaster, thus preventing be-

ing irritated by contact with clothes. A piece of adhesive plaster alone frequently serves the need without cotton.

For internal administration give the following: Take polynnia uvedalia, one drachm; glycerine and olive oil, of each three ounces. Mix and give a teaspoonful of the mixture every four hours during the day.

The mixture containing cascara and podophyllin, directed in this work in the treatment of uræmia, given as there directed, will aid in hastening recovery, and should be given in cases of much severity.

Also taking the capsules (see remedies in this book), one every four hours till very free alvine dejections are seen, is exceedingly invaluable in hastening a cure.

The additional treatment necessary in cases accompanied by gout is, to soak well in hot water, the parts exhibiting the manifestation, which is usually the joints about the feet and hands exhibiting swellings, accompanied by pain in some degree. This soaking hot water bath to the parts should be repeated two or three times a day, in severe cases, and the water kept hot as can be borne during the bath. The relief from pain is immediate, the reduction of swelling rapid, and it is unapproximated in speedily restoring to health.

Occasionally the exhibit on the scalp and about the whiskers shows undue sluggishness in continuing to recover. When such is the case, apply the following: Vaseline, one ounce; sulphate of zinc, two grains. Mix, and apply a portion once a day, after cleansing the parts well with water and castile soap. Any of the salves or ointments named in this book, which contain bees wax and turpentine also makes a curative application to these sores.

GOUT.

Gout, though due to constitutional disturbance, usually makes its first local exhibit in the metatarso-phalangeal articulation of the great toe, and extends to other joints, though it may exhibit first in other joints, but it is rare that it does so. It usually confines to the lower limbs from the knees down, and to the hands and wrists. Occasionally there is dropsical appearance all over the body.

It may occur earlier or later in life. It appears to delight in vexing those of lymphatic temperament, and especially those of sedentary habits, and those engaged in mental work being most subject to its attacks.

Its appearance is due to deficient elimination and excretions, and deficient nutrition. In addition to the swellings and aching pain accompanying its exhibit, there is a general feeling of indisposition, languor, fretfulness, irritableness, sluggishness, drowsiness, mental inactivity, cramps in the lower limbs, or neuralgic darting pains.

When this condition is present, the glandular system is morbidly affected also, especially the spleen and liver. The excretions from bowels and kidneys are sluggishly and deficiently performed. Frequently there is a persistent cough. For considerable time the appetite is but little impaired—is more frequently voracious.

To cure the disease, attention must be given to diet and habits, especially exercise in out door air must be had, as upon this largely depends certainty of a cure; next to this must be effected a thorough elimination and excretion of morbid matters from the system, by rousing the liver to promote activity of the kidneys and bowels. Soaking the swelled parts in hot water half an hour, and repeating this treatment not less than three times a day, if there is much swelling, rapidly disperses

both swelling and pain, giving immediate relief. Use the water as hot as can be borne, and keep it at the same heat while using it. A drachm of oil of peppermint and two drachms of spirits of camphor, added to the water used for this bath, enhances its value.

A distressing cough usually accompanies this affection, especially if it has continued for some time. This is chiefly caused by the enlargement of the liver and spleen.

The following remedies taken as directed, will disperse the cough and promote a healthy condition of the system. Take a capsule at seven, and ten, in the evening, every evening for two evenings. Then miss two nights and repeat so long as needed. Take *polymnia uvedalia*, one drachm; glycerine and water, of each, four ounces. Mix, and take a teaspoonful of this mixture three times a day, till cured.

The above treatment gives the desired relief, and pursued, gives a speedy cure. Relief begins with the beginning of the treatment. Foods must be nutritious, vegetables and fruits serving best, and the cup of hot water, taken the first thing in the early morning and the juice of an orange following this, is the best beginning for the day.

PALSY.

As senility approaches, some persons are affected with a condition of agitated motions, or "shaking palsy" as the condition is sometimes called. It usually confines to the limbs, head and neck; when exhibiting in the lower limbs there is tremor and uncertainty of step.

The affection is probably due to excessive bodily fatigue having been experienced, violent emotions, and exposures to extreme cold and wet, and greatly aided, especially in its beginning, by "biliousness."

The best that can be done for these cases is to place the general health in the best possible condition and let the patient be unannoyed. If the patient is able, some time should be spent out in the open air every day. (See Palsy elsewhere in this book.)

FAINTING.

Fainting exhibits in persons much weakened by disease, or much distressed by indigestion, those subjected to much pain, standing on the feet till exhausted, loss of blood and being exposed to vitiated air, and the blood being overloaded with morbid matters, (excepting, probably, a few cases of sensational faintings). The subjects usually revive from inhalations of aqua ammonia, spirits of camphor, essence of peppermint, fumes of turpentine, water sprinkled over the face, slappings over the chest, applications of hot water over the region of the heart, plunging the feet into hot water.

The general health should be placed in normal condition, the excretory functions should be well established and the system well nourished.

Tincture of *nux vomica*, five drops, added to four ounces of water, and a teaspoonful of the mixture given every ten minutes to every half hour till four or five doses have been given, then every two hours for ten or fifteen hours, will in mild cases prevent a return.

When repetitions of fainting follow closely each other, a dose of the anti-bilious physic (see remedies in this book) is frequently the best thing to give. And, if the tongue is nasty coated, give a capsule (see remedies in this book) every night for four to ten days.

PARALYSIS.

When paralysis manifests the patient is unable to use parts of the body, there is loss of voluntary motion in the parts affected, and the power of speech is more or less affected also, or may be entirely lost. It may manifest in any part of the body, at any period of life, though it is more frequently met in persons of senile age. The patients the writer has been called to treat were of ages from sixty to eighty-six years.

It may arise from mechanical injury, or be consequent to a prolonged enfeeblement, or debilitated condition, and may thus be a prominent manifesting feature of an attack of severe ailment. It is also said to result from the administration of opiates. Except when it is the result of mechanical injury, or is the effect of opiates or alcoholic drinks, its causes are quite similar to those productive of apoplexy.

Whatever causes may have given rise to paralysis, the condition is alarming, either immediate or remote, and a physician must be called.

When paralysis is caused from injury to the spinal cord, there is little hope for recovery. When appearing in senile age, fatality may be looked for, though by proper and prompt treatment and care, recoveries sometimes ensue, and in many cases considerable prolongation of life is enjoyed. The conditions the writer has found present in paralytic attacks were feeble digestion, engorgement of the system with morbid matters—extremely sluggish performance of urinary and alvine excretions, and much worryment and vexation had been experienced. These conditions must have been the cause of the vital machinery running with too much friction which resulted in the break down.

In conditions where the patient cannot swallow well, plunge the feet into hot water, and apply hot water to the

hands by means of woolen mats or rags; there usually results some relief in a few minutes. If there is not marked symptoms of relief, at least sufficient to permit the patient to swallow, give an injection of hot water, per rectum. To the water used for this purpose add half an ounce of glycerine, and a fourth of a teaspoonful of each, of tincture of lobelia, and tincture of capsicum. Half a gallon of water should be used.

As soon as the patient can swallow, give a dose of anti-bilious physic, and keep the patient quiet. Nothing more need be given till the action of this remedy has about subsided, which will be about thirty-six hours. In some cases nothing more is needed, but quiet and rest, and suitable foods.

Pleasantly adjust the surroundings of the patient to keep comfortable and quiet, and permit no food but a cup of tea, till free alvine action is seen.

The above treatment and care usually results in a cure. The depressing factors being removed from the circulation, and rest given, the vital forces are refreshed and enabled to continue life.

The best stimulant, and one that is suited to the purpose, is tincture, or tea of capsicum, which may be added to the foot bath and also a small quantity applied to the spinal column; its effect is lasting, and leaves no injury. That applied to the spinal column, may be mixed with a little olive oil, or lard.

Paralysis appearing in early childhood, as of some limb or part, may be due to various causes; or what appears to be a paralysis, may be a case of checked development. Usually when manifesting in early childhood or infancy, unless from injury, the cause is obscure and but little benefit may be hoped, or looked for.

APOPLEXY.

Apoplexy is a disease chiefly confined to the senile period of life; at least, it rarely occurs earlier than middle life. From sixty years of age, it may be expected, and at seventy a person is on the verge of an attack.

Its prominent exhibiting feature, is sudden loss of consciousness and stertorous breathing. Though the immediate onset, or paroxysm is sudden, premonitory symptoms are exhibiting for weeks, and even months, before the attack, in most cases. There is the progressing dullness of sensation, dull, heavy feeling, and a sense of fullness about the head; the excretory functions are sluggishly performed. There is usually an apprehension of impending danger, and the emotions are frequently feebly controlled.

Its subjects are those of sedentary habits, of over full, sluggish habits of body, gross eaters and brain workers, usually. The retention of the detritus and superfluous materials in the blood, chiefly the urinary materials, causes depression. This depression may be greatly augmented by emotional indulgence, intense heat or cold, or, anything that exhausts or depresses the vital forces. Deficient exercise in the out door air, excitement or over-eating, may provoke an immediate attack.

This is one of the conditions in which truly an ounce of prevention is worth a pound of cure. This condition exhibiting, as it usually does, in senility, all of the organs in the economy of the body partaking in the senile infirmities, the functions are feebly performed and morbid influences prevent harmonious activities if permitted to exist.

Well directed exercise is purifying, hence life-sustaining, as it greatly aids in ridding the system of its own debris (effete materials). Excitement and voracious eating should be avoided, and the excretory functions of the kidneys and bowels be kept

active. Bathing, or sponging the body, using hot water, two or three times a week, at least, favors well-being by removing excreted and accumulated materials from the surface of the body, and, it also favors circulation by withdrawing the blood from the congested centers. Thus the hot water bathings, or spongings are valuable both as prevention and cure. The coma is due to the congested condition, and the hemorrhage that sometimes takes place (though exceedingly rare) is due to the engorgement of, and debilitated condition of the parts.

The condition is always immediately alarming, death most frequently claiming the subject. Upon the slightest presenting symptom a physician should be immediately called. But do not remain idle; place the sufferer in as comfortable position as possible, release all tightness of clothing, and apply woolen mats or rags, wrung from equal parts of hot water and vinegar, to the feet, legs and hands. A cloth wrung from a similar fluid may be passed several times quite near the nose if an attack is on. If a betterment can be obtained, some manifestations of change will begin to exhibit in thirty minutes or an hour. But even though a reviving may markedly manifest, permanency of betterment and ultimate recovery sometimes can not be expected.

If the condition of the patient improves so that swallowing can be effected, there is nothing that serves a better purpose in these cases than a dose of the anti-bilious physic. (See remedies in this book.) While its action is effective it does not depress, but on the other hand it revives by removing the oppression of morbidness from the circulation. I have witnessed some marvelous effects from its administration in these paralytic and apoplectic conditions. I have found nothing in all remedies that effects so much benefit, and nothing that acts so quickly and safely.

No matter how much the patient may revive, there should be no food given till alvine action is obtained. A cup of hot water and the juice of an orange may be permitted, but no other foods. Alcoholic stimulants and opiates are depressing, adding greater danger to life, and should never be given.

CONVULSIONS.

The causes of convulsions are many and various, as gross foodations, an excess of accumulated gases, retained excretions. These while being a few of the chief factors leading to this, many more of the causes of these affections are entailed upon the offspring from parent or parents, than is generally supposed.

Those convulsions recurring from the slightest provocation, and continually recurring at periods, the epileptic form and other varieties, manifesting from no appreciable or visible cause, and numerous other nerve derangements, are consequent from nerve injuries transmitted to offspring from parent or parents, due to excessive sexual intercourse during gestation usually, and from the mother being constantly kept in an irritated and excited condition from disturbed night sleep from the same cause, and over-work and other abuses.

In cases of the last named causes, where the patient is or or might be otherwise of strength and vigor, the convulsions may be overcome to a degree but under the circumstances a permanent cure leaving no traces cannot be looked for.

Those convulsions which arise from improper feeding, excessive accumulations of gasses, inactivities of the kidneys and bowels, derangement of digestion due to teething, recession of eruptions, as of measles can be permanently cured by proper care and treatment, these very rarely leaving any permanent mental disturbance.

A few cases are met which have been caused by falls, blows or mechanical injuries to the head or spinal cord. Some of these may be benefited by treatment suited to each peculiar case, but which require the personal attention of a competent attendant, and which cannot be directed in a book of this scope.

During the attack of the convulsion place the patient in the recumbent position, with the head slightly raised, loosen the clothing about the throat and chest, and prevent the patient from doing bodily injury to himself as much as possible, as preventing the tongue from being bitten, and the body from striking against objects, yet do not restrain the convulsive movements. This is usually all that can be safely attempted during an attack.

The use of narcotics and whisky, in any and all forms, in these cases is dangerously injurious—augmenting the severity instead of lessening it.

The surest and safest remedy is *prevention*, whether there has exhibited convulsions, or if there has not. This may be accomplished by watching the habits of the patient, and properly regulating them by proper means. If the following indications are observed and the remedies directed administered, not only the convulsions the writer has named as curable will be prevented, but those named as doubtful of being cured will be very greatly ameliorated. Do not permit constipation of the bowels to continue; when there is scant, profuse, or offensive urination do not permit it to continue; if the breath is fetid, it is a symptom of a disordered condition requiring attention; the nasty, dirty-coated tongue also indicates wrongness; the chew, chew and the grinding of the teeth at night, the fretfulness, impatient, despondent, restlessness, nervousness, the dry, hot, harsh skin, also, the “clammy,”

pasty, moist, flaccid skin, all indicate a morbid condition. The appetite that is never satisfied, that thirst that cold water does not quench but rather seems to augment, and that abuse of appetite, are also wrongness. Any ordinary intelligent person can discern any and all of the above symptoms.

Hot water baths, especially the sponge-baths, at least two to three times a week, are indispensable. If the skin is hot, harsh, and dry, add a little soda (common baking soda) to the bath water; if the skin is flaccid, add a tablespoonful of aqua ammonia to a gallon of water used; if the skin is unduly moist, add a fourth of a teaspoonful of red pepper in powder, to a gallon of the water used for the bath; a handful of the ground mustard added to the water for the foot bath when the feet are disposed to continue unduly cold is beneficial.

Eat to sensibly satisfy hunger at regular times; by so doing a better opportunity is given to know whether hunger really exists, or whether the impression is due to a thoroughly over-taxed stomach from being continually gorged. Or, if the person is a child, it can be distinguished whether the disturbance is from above causes, a developed condition of sickness, or to simply wanting some peculiar desire granted.

If there is paleness, or pale yellowish tinge about mouth, nose, and eyes, fretfulness present, the following will generally be all that is required: Take tincture of nux vomica, five drops; water, four ounces. Mix, and give a teaspoonful every two hours, for two or three days, and a capsule or powder given (see remedies in this book) every third night.

Remove constipation by exercise and proper foods—apples, sorghum molasses, corn bread and many other articles of food regulate this habit. When food will not sufficiently favor take a dose of anti-bilious physic, a dose of salts, a capsule (see remedies in this book), or equal parts of sulphur and cream of

tartar, or hot water injections. Any of the above remedies will disperse the fetid odors from the breath, will disperse despondency, nervousness, restlessness, clean the nasty tongue, will remove morbid accumulations from the general economy of the body—will house-clean the body and leave a better satisfaction with self, if they are used sufficiently.

The mixture which contains cascara and podophyllin, directed in the treatment of uræmia in this book, taken as there directed, will also give the same satisfactory result.

In those convulsions occurring in childhood under six or ten years old, many of the milder forms readily disperse from giving the following: Take *nux vomica*, five drops; water four ounces. Mix, and as soon as the child can swallow, give a teaspoonful of the mixture every fifteen minutes to every thirty minutes, lengthening the time, as the nervous and muscular twitchings subside, to two hours.

Should the convulsions recur in rapid succession, the following injection, per rectum, will give speedy relief: Take of hot water, one quart; tincture of lobelia and tincture of capsicum, of each two drachms; glycerine, two ounces. Mix. For a child under one year old, half a teacupful of this mixture is sufficient for an injection. (Half a quart for an adult.) If gases are not removed or other alvine dejections obtained, the injection should be repeated in twenty or thirty minutes. If the duration of the convulsive attack is prolonged, if opportunity offers this may be administered while the convulsion is on.

Podophyllin, one grain; sugar of milk, nine grains, well triturated, is a most rapid and reliable remedy in those cases of great rigidity and rapidly recurring contortions, especially among children where it is next to impossible to get opportunity to do anything more than get one swallow of anything taken by the patient. For a child from three to seven years

old, two grains of the above mixture is a dose; mix it in water or licorice syrup and give a dose every six hours till biliary alvine action is seen. Frequently in children, one dose of this a week is sufficient. In these cases there is usually present a dirty, yellowish-colored skin, nasty coated tongue, breath, urine and sweat offensive, and abdomen full.

The anti-bilious physic gives speedy relief in most cases of adults.

OBESITY.

While obesity is predominant in some temperaments, sometimes present in early childhood and youth, as well as appearing in some instances in advanced life, yet there are means to restrain the undue accumulation within comfortably enduring bounds, and which means are adaptable to the causes producing the condition.

When obesity arises from over-eating and sedentary habits, free muscular exercise must be indulged in, and dietary must be regulated. Confine to a few varieties of food, and drink as little fluids of any kind as possible to endure—and take no alcoholic drinks whatever. Keep the excretory functions freely active. This treatment will keep within comfortable bounds the undue accumulation of fat, or over bigness.

Many persons have an appearance, to the ordinary observer, of being very obese, but this condition is many times due to the distended and engorged condition of the system, due to retained surplus and effete materials. Plenty of exercise, and eliminating the morbid matters and excreting them from the body by bowels and kidneys, removes this very undesirable condition.

A large number of cases that take on such monstrous proportions, the condition is not fat, but dropsical accumulations.

This may be produced by impoverishment of the general system, and gaseous accumulations. This condition may be caused by over-work or over-study, also, many of the worst cases are due to smoking and chewing tobacco, smoking cigarettes and the morphine habit, and drinking intoxicating potions. These articles not furnishing food, supply no nutrition, leaving the body to consume itself, and from this debilitated condition dropsy ensues.

The greatest portion of the treatment to obtain a cure, in the line of these cases, consists in first eliminating the dissipating habits, and when this is done but little else is needed.

After stopping the bad habits, the following serves the best purpose for these conditions: Take sulphur and cream of tartar, of each two heaped tablespoonfuls; podophyllin, half a grain. Thoroughly mix and divide into thirty powders. Take a powder sufficiently frequent to produce three free alvine dejections daily. Sugar may be added to the powder sufficient to make palatable. Take the powder dry.

OBSERVATIONS.—OBESITY.

To get rid of over-bigness, *exercise* is a remedy par excellence. Wholesome exercise and plenty of it prevents irregularities of digestion and assimilation, and stimulates good breathing, thus consuming the excesses—fat being burned up, gases worked off, and other roughness excreted. In excessive bigness the vitality is lowered, is smothered down by water, gas and fat.

In exercising for reducing bigness, a most excellent and successful method is the following: The first position to take is the erect position. Next, extend the arms straight out from the body, keeping them extended and bring them behind the

body till the backs of the hands come as near touching each other as possible; repeat this movement from six to ten times; now extend the arms directly upward and downward, repeating this movement ten to fifteen times; now bend forward, bending from the waist line, bending to the verge of falling over, and rise to the erect position, repeating this ten times. Now lie flat upon the abdomen three minutes, then rise to the erect position. Next rub firmly and briskly, the arms from the shoulders down; now rub from the waist line forward and downward over the abdomen, and last, rub the thighs and legs briskly, downwards.

This exercise must be taken the first thing in the morning after arising, and to effect good results the exercise must be taken rapidly, ten to fifteen minutes being sufficient time to consume with it. The exercise should also be repeated just before going to bed at night.

Continually practice the habit of erectness. Stand erect. Sit erect. Walk erect. Keep the chest thrown forward and the head erect.

ABDOMINAL DISTRESS AFFECTING BABIES.

For quick relief in many of the distressing attacks of gastric colic which sometimes attacks the baby, and makes the little sufferer kick and scream, the following usually gives speedy relief: Take ten drops of spirits of camphor, and fifteen drops of essence of peppermint. Mix, and rub the mixture over the abdomen in the region of the navel, and cover with a silk or woolen fabric.

DREADFUL DISTURBANCE.

In both adults and children, overloading the stomach with more foods than it can dispose of, and taking of foods at improper times, thus keeping up excitation of the nerves of the

stomach, not permitting a passive rest—constantly demanding gastric activity, prevents natural performance of function, which eventuates into both localized and reflex disturbances. The cure for this affliction consists in the prevention. *Give the stomach a rest.* Add tincture of nux vomica, five drops, to four ounces of water, and take a teaspoonful of the mixture every two hours during the day, for four to six days. This mixture must be given as above, to any person from eight years old to any age.

Fluid extract of aromatic cascara, one ounce; tincture of buchu half an ounce; glycerine, two ounces; tincture of ginger, two ounces; and simple syrup, one ounce. Mix. For an adult, a teaspoonful of this mixture, taken three times a day, for three or four days, then once a day for a while places the patient in desirable health.

THE KEY-NOTE.

To keep the body and mind in smoothness and equilibrium, keep tuned to the key-note—health. Scavenge, scavenge, scavenge parallel with repairs. Don't permit detritus and debris to remain in the sewers, the hinges, the pivots, and the road-beds of the nerves in the body. In addition to its being repulsive, it is destructive and obstructive. Clean up—house-clean the body-house. In our bodies, as in our dwellings, a degree of results of occasional neglect accumulates, and a little wear here and there. Feculence is filth in the unevacuated bowels; it contaminates, but does not fertilize the body. Urea is filth in the urinary apparatus or uneliminated from the blood or circulation—it poisons the blood, depresses the brain, and fills the body with aches and pains. The bile in the biliary conduits and the intestinal cavity is in the proper place, but in the skin, it is detritus, a dirty unsightly guest and decorator. The desiccated or gummy debris on the skin, poisons, excoriates, and

prevents excretions from the sweat channels. Scavenge the dirt from the inside—eliminate it from the sewers, remove the debris of friction, and the gum of the worn out oil, and wash the debris from the skin.

Provide for the pivots, hinges, and joints supple and comfortable action, by eliminating from the tissues of the body contaminations of the organism by means of the sweat route, and remove the clogs and chokes from the machinery of the economy by way of the bowels and kidneys, and by running the engine of muscular exercise burn up the dry, husky rubbish which causes nervousness, irritableness and unrest. Don't worry about the friendly little bacillus, where it belongs it will go, as water separates from oil. It is a scavenger of the human body, as the soil—the earth-dirt is a naturalizer of poisons and vicious matters. The bacillus will be found in its natural element—the garbage, though it did not *make* the garbage, no more than other things found in their natural place made the places in which they are found. Clean out the garbage, and these little animals will go with it, to remain in their natural place.

BAD BLOOD.

The condition of the blood usually termed "bad blood" arises most frequently from retained effete materials—the debris and detritus, and perhaps some excess of the economy of the body, and from pollution from vicious habits, as alcoholic drinking, tobacco and cigarette smoking, chewing tobacco, the morphine habit, and acquired and inherited undesirable diseases. These are the true sources of bad blood, and they produce the various manifestations of blood poison, or bad blood, which give rise to the various morbid manifestations, as typhoid fever, rheumatic, uræmic, and various types of fever, headache, aches and pains throughout the body, numbness of parts, scrofulous eruptions, sores, ulcers, boils, small pox, carbuncles, cancerous

manifestations, tumors, enlarged and suppurating glands, suppurative, mucous, hemorrhagic and catarrhal manifestations, mental depression, despondency, moroseness, irritability, forgetfulness, nervousness, wakefulness, inability to concentrate the mind on any subject, insanity, maliciousness, mono-maniacal tendency, as well as many other manifesting morbid conditions.

In addition to the above causes, bad blood, or blood poison, may exhibit from a wound, either an open wound or a bruised wound, due to the dead substance (which has been killed by the injury) remaining in the circulation instead of being eliminated. With the above is associated lack of nutrition. When progression is permitted to go on, degeneracy soon appears unobstructed and great enfeeblement rapidly manifests, the vital forces exhibit but feeble resistance, reparative processes decline and eventually cease altogether.

To cleanse the blood of this morbidness, *scavenge* and aid and permit nature to eliminate its debris and superfluity by vigorous muscular exercise, by cleansing of the surface of the body, by discarding vile and polluting habits, and by keeping the urinary and intestinal tract free from accumulations.

When the conditions appear that are usually attributed to "bad blood," as eruptions over the body, boils, pimples, carbuncles, tumors, small pox, and even slight wounds or scratches suppurate or fester, there are low-grade materials seeking elimination, which, not having been obtained through the natural outlets—the kidneys and bowels), appear in the above exhibit.

The mixture containing podophyllin and cascara, directed in the treatment of uræmia, taken as there directed, gives the cleansing needed, and promotes digestion; proper washings of the surface or the body, rest and nutritious foods, will place the blood in healthful condition.

In severe cases, cases in which the producing cause has been permitted to continue until severe manifestations have exhibited, a full dose of the anti-bilious physic (see remedies in this book) produces an excellent start in effecting a cure. Then continue taking the above named preparation. Also, a good way of taking medicine for "purifying" the blood, is to take a capsule (see remedies in this book) at night just before going to sleep, and the next morning take a full dose of the Garfield Tea before eating anything. Continue this mode for three or five days, then twice a week for three or four weeks, or longer in more severe cases, will cleanse very bad blood.

The powder may be given without being put in a capsule. These medicines serve for people of any age and for both sexes.

In cases where there are scalding sensations about the urinary outlet or such sensations about the parts, the following gives the desired cure: Take acetate of potassium, a teaspoonful; and water, four ounces. Mix, and take a teaspoonful of the mixture three times a day.

Olive oil, a teaspoonful, three times a day supplies the requirement in some cases, especially in those cases which are deficiently nourished.

ERYSIPELAS.

Erysipelas, also called "St. Anthony's Fire," is a sequence of a worn down and exhausted state of the body. It is a constitutional disturbance manifesting different local symptoms, as general redness, intense heat, irritableness and swellings accompanying all forms. In no form does the local symptom define the extent of the morbid constitutional disturbance. In some cases it may apparently be confined to a local ulcerating process, or it may redden the entire surface of the body, or exhibit

vesicating nodules. But whatever type or symptom may exhibit, the disturbance is constitutional in its nature.

When it attacks the periosteum, as is the case when the type called "bone erysipelas" exhibits, it displays marked similarity to a felon, exhibiting without abrasion, accompanied by the throbbing or pulsating sensations, and severe pain, the long slow process of the pus reaching the surface and cleaning out. When this condition or type, manifests, it is necessary to poultice the part to hasten suppuration, and when the pus has reached the surface, cleanse the part, and apply the salve directed for application to carbuncle, in this book, applying a clean dressing every day. After cleansing the sore, rinse with hot water to four parts of which has been added one part tincture of benzoin, after which apply the salve.

For local application to reddened surfaces and the vesicular types the above benzoin and water mixture applied three or four times a day and the parts kept covered with new unwashed cotton about an inch and a half thickness, soothes the pain and disperses the inflammation rapidly. Use water as hot as can be borne for washing or bathing the body and especially the affected parts.

When it appears in a wound, cleanse the part, and rinse it with the above benzoine and water mixture, apply the salve above directed, and cover with cotton as above directed.

For dispersing the morbidness from the system, and promoting recovery, the following gives the most satisfactory results, and may be given in *all* cases: Take fluid extract of aromatic cascara, one ounce; simple syrup and glycerine, of each, three ounces; tincture of buchu and sweet spirits of nitre, of each half an ounce; podophyllin, two grains; tincture of ginger, two drachms. Mix. Give a teaspoonful of this mixture every four hours till *free* biliary alvine dejections have

been seen. Then a dose should be taken from twice to once a week, till the blood is purified. Recovery takes place rapidly following this action, and the chill and shiverings that manifested in the immediate onset, and disposes somewhat to continue also remains dispersed after the above action, and there is a betterness throughout the body. The capsules (see remedies in book) may be given with the same frequency till the same action results, instead of the above mixture, if preferred.

The patient should remain in bed quiet, till good advance is made in recovery, and protection from undue chill must be had. The speediest results obtain if foods are withheld till after alvine dejections have freely followed the taking of the cascara mixture, or the taking of the capsules. After the above action the patient may eat sufficient of pleasant and nutritious foods. Thoroughly cleansing the system from "biliousness"—morbid matters, both *cures* and *prevents* erysipelas in *all cases* and either the cascara mixture above named, or the capsules above named will do this.

The caustics, leads, iodines, iron, and other vitiating and torturing preparations that many use in treating this manifestation, are poisonous and devitalizing and should not be permitted to be used.

When the body is in a badly nourished condition, or devitalized, or run down, when it "is bilious," an exposure to sudden changes of weather may provoke an onset; also a wound, bruise or injury.

HEMORRHAGE FROM THE NOSE.

When this condition presents, when not from local causes, as from injury, it is due to interference or obstruction of the circulation of the blood and enfeebled condition of the system. It may appear when the patient is able to be up and going

about, or it may manifest during some attack of serious sickness. Persons of any age may suffer from an attack of it, from the infant to extreme senility.

It is an alarming symptom and should always receive prompt attention. Take essence of cinnamon, one-fourth of a drachm; oil of erigeron, ten drops. This may be given on sugar or in syrup sufficient—one or two tablespoonfuls of syrup. A dose may be given every fifteen minutes till checking is manifesting, lengthening the time as the improvement progresses. As soon as the hemorrhage has been controlled, attention must be given to place the general system in good condition.

Frequently a dose of the anti-bilious physic (see remedies in this book) proves all that is needed in addition to the above. Where it disposes to return, a capsule (see remedies in this book), taken every night to every third or fourth night, till five to eight have been taken, will prevent its return.

CONSUMPTION.—PULMONARY.

Consumption is a term applied to a type of disease, the manifesting feature of which is excessive waste—deficient nutrition—deficient assimilation. It is generally believed to be a morbid condition wholly located within the lungs, but this is a grave mistake—the waste is general and the lungs suffer from the wastage no more than any other part of the body. A much smaller portion of the mucous which arises from coughing, comes from the lungs or its associate parts than is generally believed.

The attention is generally attracted by a catarrhal exhibition, or coughing attack, yet either or both of which may be prominent by their absence and yet the so-called consumption be far progressed. The waste products may be chiefly excreted by coughings, by diarrhea, by sweatings, or by excessive urin-

ary discharges. Complicated with syphilis its destructive progress is more rapid; and intoxicants, tobacco and opiates very greatly favor its progress.

Patients may die of this disease, and no decided ulcerative manifestation ever have exhibited in the lungs or any other part of the body. Coughing is not always a symptom of pulmonary consumption—is not always present to an extensive degree.

The lungs atrophy in proportion to the remainder of the body. Both hemorrhage and diarrhea are much more exhausting than cough. A much greater degree of degeneracy exists when hemorrhage or diarrhea exhibit, than when cough alone exhibits. When hemorrhage or diarrhea occur degeneracy has progressed to a great degree of feebleness, there is a general condition of atony—the vital energies are unable to retain collected the forces, to continue life.

In those cases of disease to which the names pulmonary consumption, dropsy, typhoid fever, cerebro-spinal meningitis, are usually applied the general systemic condition is so alike that the writer finds it quite difficult to draw a line marking the difference. In all alike there is, and always has been, the excessive waste, degeneracy or decline—the deficient nutrition—the deficient assimilation. The old fashioned expression "*indigestion*" is quite applicable to all of the cases of the above types. Different degrees of severity manifest in all of these cases.

Virchow, and many English physicians considered it communicable from husband to wife, and Dr. Weber noted the danger of pregnancy to the wife of the consumptive. The writer is of the opinion that the husband may communicate consumption to the wife, but does not consider consumption

contagious in the sense that measles, mumps, and scarlet fever are thought to be.

Change of climate to obtain a betterment rarely results favorably, especially if high elevations are sought—those nearer the sea level being of greatest benefit. The clothing of the consumptive should be exceptionally comfortable, and the social atmosphere distinctively agreeable.

Foods must be nutritious without bulkiness, and served plainly, palatable rather than disguised mixes. Linseed and olive oils should form part of the daily food, and it may be taken alone, or form dressing to other foods—but preferably alone, or heated with sweet milk. A teaspoonful in half a cup of milk, three times a day, for beginning, and may be increased. It is usually acceptable to even delicate tastes. However, neither is unpalatable taken alone. These oils are especially nutritive, do not distress the stomach, are considered as easily digested as the cream of milk, they are mildly laxative, and the influence upon the mucous membranes is of a healthy nature.

Tincture of wild cherry bark, two ounces; tincture of golden seal, half an ounce; glycerine and simple syrup, of each three ounces; tincture of buchu, one ounce; sweet spirits of nitre, two ounces; tincture of gentian, one drachm; fluid extract of cascara aromatic, two ounces; and podophyllin, two grains. Mix and give tablespoonful every night for three nights, afterward, from two to one doses a week will be sufficient, this usually keeping up the influence desired. Also, take *polymnia uvedalia*, one drachm; glycerine and water, of each, four ounces. Mix, and give a teaspoonful of the mixture twice a day. The middle of the forenoon and the middle of the afternoon, or at 10 A. M., and 3 P. M., are suitable to take it.

This last named medicine disperses glandular inflammation and enlargement, especially that of the spleen and liver, both of which conditions are largely the cause of the coughing. The other remedy is valuable for retaining an appetite, favoring digestion, promoting assimilation, secretion, and alvine and urinary excretions.

The best cough mixture, and one that does all that a cough mixture can do in these cases, is the one recommended by my husband, Dr. Joseph Cobb (see cough syrups in this book).

To one ounce of lard, add two drachms of tincture of bear's foot, and one drachm of oil of peppermint; and a fourth of a teaspoonful of capsicum in powder. Mix, and apply a portion on a woolen cloth, the cloth being sufficiently large to extend over the lungs, liver and spleen. This cloth should be worn every second or third night.

There is usually present in these conditions undue moisture of the surface of the body. To aid in overcoming this condition, and also, in dispersing scrofulous disposition, add half a teacupful of each, of sulphur and salt, to three gallons of water used for the bath. The bath should be used hot, and care should be taken not to expose the body to chill air while wet.

Chlorate of potassa, a half teaspoonful added to half a glass of water, and a teaspoonful taken once a day, aids in checking excessive waste. After the first week, two doses a week for awhile will be sufficient.

Hemorrhage which exhibits in these cases is not always from the lungs, but is more frequently from the stomach than is usually supposed. Except when the vital forces are about destroyed or exhausted, fifteen drops of essence of cinnamon, or five or ten drops of spirits of turpentine on sugar, given every ten to thirty minutes, will check the hemorrhage. Preferably the essence of cinnamon.

After the hemorrhage is stopped the following mixture gives an excellent assistance in keeping it stopped and favors greatly in toning up the system to prevent its return: Take cinnamon, golden seal and ginger, of each equal parts. Mix thoroughly. A scant even teaspoonful of this mixture is a dose for an adult. Take it three times a day before meals. A little sugar may be added to the mixture if liked. It may be taken dry or mixed in water. Equal parts of glycerine, olive oil and syrup, form a good vehicle in which to take it, and in addition these remedies add to its value.

No baccilli ever made one case of consumption of any kind, but one case of consumption may make a dead man or woman if not cured.

There are present in these cases, abnormal waste, secretion and excretion, and deficient nutrition and assimilation, and deficient sleep and rest. The remedy or remedies and hygiene that will so place the economy, or favor it to overcome this morbidity, will cure all curable cases. Indigestion is a decidedly more proper name to give this ailment than pulmonary consumption.

As to being able to even slightly conjecture the extent the ailment is confined to the lungs, or the extent the lungs are involved or destroyed, is not possible to do, only by comparison with the visible condition of the body. The lungs are hid from view, hence examination by inspection is impossible, and all known means of satisfactorily ascertaining the condition of the lungs are exceedingly misleading and can not be relied on, notwithstanding the many claims of great attainments in this respect.

Consumption never becomes epidemic, and the annual death rate is so uniform that the knowledge of the death rate of the

past enables to fairly well foretell the mortality in the near future.

Its subjects are those who are badly nourished—poorly fed, poorly clothed, discontented, unhappily surrounded, over-worked, confined too closely indoors with sedentary employment, too much exposed to inclement weather, inherited scrofula, those who spend long time in prisons, and the youngest members of families.

DROPSY.

Dropsy is a morbid serous effusion into any of the cavities of the body, or the cellular tissues of the body. It may exhibit a local manifestation, as when it appears in the feet and legs, or in the abdomen, in the chest, or elsewhere; or, it may manifest all over the body. But whether the manifestation be local or general, it is due to the same grave constitutional derangement—to the general enfeeblement of the entire constitution. It is a full sister to the so-called pulmonary consumption.

Various causes may give rise to this condition of debility, as when it follows typhoid fever, measles, sore throat called diphtheria, scarlet fever, excessive hemorrhage in parturition, excessive hemorrhage from wounds, or general emaciation from insufficient nutrition, from the prostrating effects of over-work mental or manual, from worriment and discontent, or from any cause that exhausts the body, or causes undue degeneracy. Dropsy may appear in any derangement of the liver, kidneys or spleen, and there is morbidness of these organs in all conditions of dropsy. And to our success in rectifying these wrongs is our hope for a cure.

From the enfeebled condition of the parts, an excessive serous exudation into the cavities and meshes of the areolar

tissues is permitted, and from this same cause the absorbants are unable to take it up. The kidneys, bowels and skin, all fail to excrete the waste fluids from the body. It is a noticeable fact in dropsical affections, that the greater the severity of the dropsical affection, the more obstinately constipated are the bowels, and the less active are the skin and kidneys, in performing their due portion of excretion.

CARDIAC DROPSY.

I have never met a case of cardiac dropsy that was not an accompaniment of general dropsy, and dependent on the same causes or conditions for its existence as those of general dropsy. And the same is true of dropsy located in any part of the body. I believe that I have met and cured as severe cases of dropsy, both cardiac and general, as have been cured.

When the appetite fails or is unduly impaired, the outlook is proportionately more unfavorable. Also, the condition is more alarming when the excess of fluids localize about the heart and lungs. The difficulty in breathing, then, is great, and sensitiveness to changes or annoyances is considerable.

In treating *all* cases of dropsy there are two prime objects that must be accomplished to effect a cure; namely nutrition and excretion, and the same must be accomplished in *all* cases of dropsy if a cure is obtained. I have never observed a case in which tapping was resorted to, that a cure was effected. The eliminating and excretory functions must be aided to rid the system of the excess of fluid, by the way of the natural excretory channels, the kidneys, bowels and skin. This is the only sure, safe and intelligent method.

The alcohol vapor bath, may be administered to produce sweating, also soaking the feet and the legs to the knees in hot water, for ten or fifteen minutes each day, greatly favors the

elimination of the excess of fluids, and gives much tone to the system. Sponge-bathing the remainder of the body daily, serves the necessary purpose. The water for this purpose should not be cold.

The following preparation kindly gives the needed assistance in eliminating and excreting the morbid matters from the economy of the body: Take tincture of buchu, half an ounce; glycerine and simple syrup, of each, three ounces; tincture of gentian, one drachm; fluid extract of aromatic cascara, one ounce; essence of peppermint, one ounce; and podophyllin, one grain. Mix, and give a teaspoonful every four hours till biliary alvine dejections are seen. Then give a dose sufficiently frequent to produce three or four alvine dejections daily. This remedy promotes elimination, and excretions by kidneys and bowels, and favors the appetite and digestion, and in addition to the baths above directed, proper food and rest will cure the very largest per cent. of cases.

Take equal parts of sulphur and cream of tartar, two heaped tablespoonfuls of each; jallap and senna, of each half as much as of the above; and podophyllin, half a grain. Thoroughly mix and divide into twenty powders. Give a powder sufficiently frequent to produce daily alvine excretions as above named. This remedy, together with the baths, proper feeding and rest, will also give the wished for cure. The sulphur and podophyllin act kindly on the glandular organs especially the liver, promoting elimination and excretion, and favoring digestion and assimilation, and the cream of tartar promotes elimination and excretion of morbid fluids by the urinary apparatus, and the other remedies assist.

The capsules (see remedies in this book) given sufficiently frequent to produce the above named free alvine daily dejec-

tions, and the following tonic remedy given during the day, also cure many cases.

Take tincture of wild cherry bark, two ounces; tincture of gentian, one drachm; tincture of golden seal, half an ounce; tincture of prickly ash berries, one ounce; simple syrup, two ounces; glycerine, six ounces. Mix, and give a teaspoonful of this mixture three times daily.

Strong catnip tea, one pint; alcohol, one ounce. Mix. Half a teaspoonful in a little syrup, given three or four times a day, aids in promoting perspiration.

The foods must be nutritious without being bulky, and the three times a day feeding gives best results. Fruits, vegetables, especially the cereals, and milk, supply the most agreeable nutrition.

DELIRIUM TREMENS.

Delirium tremens is a condition of mental aberration consequent upon alcoholic or intoxicating drinks, and chewing and smoking tobacco. Much of its exhibiting features are identical with the delirium manifesting in various types of low fevers, which is due to the effects of the poison of detritus in the circulation and the prostrated condition of the system. In conditions of delirium tremens this poison is augmented by the effects of the alcohol, which increases degeneracy and prohibits nutrition and excretion.

There is an exalted state of nervousness, a great degree of prostration, hallucination, illusion, mental wanderings. The immediate paroxysms are frequently very perplexing and difficult to control—equally difficult in cases of delirium tremens from the use of tobacco as from the use of alcoholic beverages. The cases I have been called to treat, which were evidently due

to the use of tobacco, presented nothing uncommon to those which were consequent upon intoxicating drinks.

If a hot water bath can be administered and free sweating induced it usually starts recovery as quick as anything that can be done. Then administer a dose of anti-bilious physic and keep the patient quiet as possible. The patient soon disposes to sleep and in three hours or so, gives visible evidence of rapidly progressing recovery.

Five drops of tincture of *nux vomica* added to four ounces of water, and a teaspoonful of the mixture given every half hour, lengthening the time to every two hours as betterment manifests, is effective in mild cases. This remedy removes the nervous irritability, anxiety, exhaustion and wakefulness accompanying this unpleasant exhibition.

A dose of salts sometimes relieves the paroxysm.

OTHER RECOMMENDATIONS.

One grain of sugar of milk added to half a teacupful of hot water, and this quantity given every two or three hours, is said to have been effective.

A wine glass of vinegar is said to sober these cases up quickly.

Freely drinking of fresh apple cider is also reported to speedily effect a cure.

MILK-SICKNESS.

The affliction called "milk-sickness," is found to exhibit among the human family in some locations. It affects cows, and is presumed to be communicated to the milk and butter, and through this medium to the human family. It is supposed to be due to poison eaten by the cows. My brother-in-law, W. E. Baird, elder in the C. P. church, Irving, Illinois, while

in a locality where it was prevalent, learned the following facts regarding it: "That cows, horses, sheep, and domestic fowls, are subject to it. The human family appears to get it from using the milk and butter. The disease is considered most prevalent and most dangerous in the dry seasons. It is not certainly known that stock feeding on tame pasture is free from its danger, though it is considered prudent to remove stock from timbered land pasture in the fall season. Drinking well water does not prohibit it, and drinking creek and branch water is supposed to increase the danger risk. The appearance of frost does not altogether remove danger of being affected by it, though hard freezing is supposed to do so. Stock that has been affected with it seems never to entirely recover."

There is nothing known of its real cause and nature. The flesh of cattle affected with it does not present any appearance by which it may be detected from the healthy, neither does the butter nor cheese. It very frequently results fatally. When there is recovery, there is a lingering debility following a long time; in some cases that had a severe attack, the unpleasantness lingering for several years. I have met some cases who claimed never to have been free from unpleasantries following the attack of it. Cattle affected with it "tremble, stagger, and soon die."

Dr. Joseph Cobb, my husband, had a large experience in treating this disease, and I give his description and treatment, as I know it was successful in curing nearly every case. "Milk-sickness manifesting in the human family, the patient experiences a sensation of languor and lassitude, or extreme debility, especially in the lower limbs. There is a disagreeable sinking sensation in the stomach followed by intense nausea

and vomiting usually, and the bowels are obstinately constipated.

“Fever and great thirst are present, but all ordinary substances and fluids taken into the stomach are immediately ejected. One of the most prominent symptoms presenting in this disease is its marked similarity to symptoms of arsenic poison.

“The usual remedies administered in fevers, biliousness, and like affections, the stomach absolutely refuses to retain, and this feature is the chief one to overcome. Periodicity may or may not be present, and is not a prime symptom.

“The remedy that in my treatment of this disease proved successful in allaying the nausea and vomiting, dispelling the constipation, and placing the patient well onto the way to recovery, is Epsom salts in whisky. Add the salts to the whisky as long as it will dissolve the salts; this is the strength for mixing the potion. The dose is, one half a teacupful, or two fluid ounces, every two hours, or according to the severity of the case. In fact what the patient will bear, short of producing intoxication. Milder cases may take it a little less frequently. There is seldom any more medicine needed, the improvement going on to recovery, with the addition of proper feeding and hygienic care.”

Sometimes the attack comes on suddenly without any other particular initiatory symptoms, than the first manifestations, this being the nausea and vomiting. Pulsations over the abdomen, pain in the head, ringing in the ears, and delirium, are sometimes present.

INFLUENZA.

Catarrhal fever, called also influenza, la grippe, and bad cold, are the same morbid condition resulting from the same

causes, differing only in different degrees of severity, and while there may manifest a variety of symptoms or little peculiarities, there are leading symptoms common to each degree of severity. There is the prostration of strength, fever, aching, catarrhal discharge, the deficient and perverted secretion and excretion, and the disturbed or irritated digestive function. The prostration of strength and the fever are general, the aching may also be general or confined to some part, as the head, face, chest, or limbs and back. Also, the discharge, which may present from the eyes in flowing tears, and the eyes may exhibit a red or "blood-shot" appearance, or, if greater severity manifests, there may be mucous, or muco-purulent discharge. The discharge from the nose may be first watery, the severity increasing, abundant discharge of greenish-colored mucous, or muco-purulence may exhibit. The laryngeal, bronchial or pluri-al membranes may be like or similarly affected, or any cavity or part invested with a mucous or serous membrane.

Other various names, as pneumonia, pluri-tis, nasal, laryngeal and bronchial catarrh, catarrh of the stomach, catarrh of the bowels, and catarrh of the kidneys or urinary organs, are mentioned, but all are due to the same morbid conditions primarily. The prostration of strength, debilitated or atonic condition of the system, the deficient and perverted secretions and excretions, exhibit in all cases, in more or less marked degree.

The morbid manifestations called "pink eye" and "epizootic," which have attacked the lower animals at various times or periods, are accompanied with symptoms and severity so like the above named manifestations that the difference is yet to be found.

The name *influenza* was given to this morbid manifestation in Italy in about 1841, but it has doubtless exhibited in some degree, at various times, since the existence of the human fam-

ily. Also the same affection that when attacking the lower animals has been called "pink eye" and "epizootic." Also, influenza has doubtless appeared at times since the existence of the lower animals, though it can only be traced back to about 1299, appearing then at Seville. The absence of recorded appearances of it is not evidence that it has not appeared in the human family and lower animals from the beginning of time, as many notable events take place that never appear as matters of record, and we have no evidence of change from the original plan of the decay of either animal or vegetable matter.

Its prevalence is especially during a long continued cold and wet weather, and may appear at any time and place when and where these prostrating influences exist. The immediate paroxysm is usually provoked by undue exposure or severe hardships. There is usually experienced a sense of chilliness, or there may be complete rigor, a very shaking of the whole body; this is usually followed by flushes of heat, fever, and pain, which may confine or locate as above described.

The attack is preceded by a general feeling of indisposition of variable duration, and the subsidence of the attack leaves the patient prostrated, with inaptitude for bodily or mental exertion, frequently with a troublesome cough for some time, and often there is a tendency to relapse, even after good care and treatment.

In addition to protecting from undue exposures, and giving rest, many of the milder attacks require but little more treatment. An alcohol vapor bath and a hot water foot bath administered at the same time to produce free sweating, and hot teas drunk to promote it, rest in the recumbent position, and some laxative remedy to produce active biliary alvine excretion,

will disperse the attack in nearly every case, especially quick in its early beginning.

In addition to the above treatment, the following may be given should there appear to remain a condition of feverishness: Take tincture of aconite, five drops; water, four ounces. Mix and give a teaspoonful of the mixture every hour or every two hours.

For producing the alvine excretions, take the capsules (see remedies in this book,) (or powders, to children,) or any one of the mixtures containing cascara and podophyllin, directed in this work, or, the following sulphur mixture: Sulphur, cream of tartar, and licorice root in powder, of each, two heaped tablespoonfuls; an even teaspoonful of nitre, and one-fourth of a grain of podophyllin. Mix thoroughly, then add sufficient honey to leave it but little thicker than honey. A teaspoonful of the mixture given three times a day acts efficiently in any of the stages of this annoyance. The above dose is for adults. The mixture may be taken dry. In conditions of greater severity, treat as for pneumonia.

PNEUMONIA, OR INFLAMMATION OF THE LUNGS.

Several names have been given to the above affection, as acute pneumonia, secondary pneumonia, lobular pneumonia, and catarrhal pneumonia. The difference is in the different degrees of severity and duration. It attacks persons of all ages. On account of males, especially after adult age, being more exposed to sudden changes and inclemencies of weather than females, males are more subject to its attacks.

The manifestation is characterized by fever, and if of long duration there is a peculiar fetid odor to breath, sputa, and sweat; there is cough, expectoration, more or less deep seated soreness, and perhaps aching in and about the lungs and

throat. The excretions are abnormally performed, and the appetite may or may not be much changed. Sometimes the cough is most distressing, lacerating, and prostrating. Frequently the treatment is more rapidly effectual, if an alcohol vapor bath is administered to produce free perspiration. When this can be done, dry the body with brisk friction over the surface with a silk or woolen towel, or rag, and place the patient comfortably in bed. If the vapor bath cannot be administered, give a hot water sponge bath, drying the body as above. Hot water bottles may be placed about the patient in bed, heated bricks, or heated ears of corn, or hot bags of sand, to promote sweating for an hour or so. And whether the sweating has been obtained, or not, apply freely the following liniment over the lungs, chest and throat: Take glycerine, four ounces; olive oil, two ounces; spirits of turpentine, three ounces; camphor gum, one ounce; oil of peppermint, two drachms, and tincture of bear's foot, two drachms. Mix, and apply twice a day. (Dissolve the camphor gum in the turpentine, and then add the other ingredients.)

If there is deep seated aching or soreness, seemingly next to the bones, in the limbs, or over the head, give the following till the unpleasantness subsides: Take fluid extract of bryonia, twenty drops; water, four ounces. Mix, and give a teaspoonful of the mixture every hour for four or five hours, if the suffering is great. Then give it every three hours during the day, so long as needed. In milder cases, give it every two hours in the beginning.

For the pain, soreness, heavy, oppressed sensation in the lungs—with or without persistent cough, give the following: Take polymnia uvedalia, one drachm; glycerine and water, of each, four ounces. Mix, and the first twelve hours give a tea-

spoonful every three hours, if there is much severity. In mild cases give it three times a day.

If the alvine actions are sluggish, give the capsules sufficient to produce free biliary alvine dejections (see capsules in remedies in this book). In the beginning of treatment if the tongue is coated, and it usually is, give a capsule every three hours till *very free* alvine action is seen; and then at the end of forty-eight hours or sixty hours, if the severity of all symptoms are not markedly milder, give a capsule at 7 p. m. and another at 10 p. m. and repeat in three or four days if recovery is not well advanced. As the tongue becomes clean, it will be seen that recovery progresses nicely.

If much fever is present, add five drops of tincture of aconite to four ounces of water, and give a teaspoonful of the mixture every two hours, alternating this with the bryonia mixture—that is, give the aconite mixture one hour, and the bryonia mixture the next.

I have met severe cases to whom I gave a full dose of the anti-bilious physic, the first remedy given, good results following very soon.

CATARRH.

The term catarrh has reference to a characteristic discharge from any organism of the human body invested with a mucous surface, as from the lungs in pneumonia; from the nasal cavities after taking cold; from the bowels, as in diarrhea, and from the urinary cavities. It is due to congestion and an atonic condition of the system. Any habits or influences that dispose to depress, exhaust, or promote excessive waste, or favor an atonic condition of the general system, as smoking and chewing tobacco, drinking intoxicating beverages, the morphine habit, depressing and exhausting labors, whether manual or

mental, continued exposure to the depressing influences of either extreme heat or cold, or other depressing influences, may dispose to the condition. The condition disperses by establishing normal excretions, for which purpose the remedies directed in the treatment of influenza and pneumonia give the desired results.

If excoriations or sores appear about the edges of the nasal cavities, or inflammations extend up into the cavities, camphorated vaseline applied well up into the part cures most cases. Half a teaspoonful each of golden seal and bayberry bark, incorporated into an ounce of vaseline, forms a salve that heals these annoyances well. The golden seal alone, incorporated into the vaseline and applied, also will cure.

Cleanse the parts with a pledget of cotton saturated with glycerine, and then with a new piece of cotton wet with the following, moisten well the affected parts, in the nasal cavities and about the edges where there may be sores: Ten drops of tincture of benzoin added to a fourth of a teacupful of water.

A tablespoonful of spirits of turpentine incorporated into an ounce of vaseline makes an excellent curative application to catarrhal sores in the nasal cavities about the edges of the nose.

In conditions of catarrhal discharges from the bowels or kidneys the castor oil purge, (to a tablespoonful of the castor oil taken add ten drops of spirits of turpentine,) and the hot water sitz-bath taken daily will pleasantly please with the cure it gives.

If the catarrhal discharge is from the lungs, throat or bowels, the liniment directed in the treatment of pneumonia may be applied over the region of the part. Essence of peppermint, both taken internally and applied over the region of the part seeming to be affected, gives a surprisingly curative effect. This

is an old and homely remedy, but the good never get too homely to be of value. An adult may take half a teaspoonful, on sugar, or as liked, three or four times a day.

No matter from what part of the body the catarrhal discharge manifests, the capsules (see remedies in this book) taken, one every three hours, till biliary alvine dejections are seen, then one taken every third or fourth night for two or three weeks, is *invaluable* in these cases. The powder may be given without being placed in the capsules, if preferred. The mixture containing cascara and podophyllin, named in this book in the treatment of uræmia, may be given as above directed and equally good results follow.

Equal parts of capsicum, cinchonidia and golden seal, mixed and taken, is a valuable aid to cure. Fill No. 2 capsules with this mixture and give one at seven and one at nine in the morning, and one at five in the afternoon. This is the best plan of taking for best results. And even in those cases that are annoyed with chilliness and sometimes undue moisture, this remedy taken in the same way, together with the other treatments herein directed, meets the needs.

HAY-FEVER.

Hay-fever is so nearly allied to asthma, that the treatment is comparatively alike. The embodiment of the treatment is, to keep the sewers of the body *scavenged*, well cleaned, and protect the surface of the body from undue dampness. A silk protector extending from the neck to below the hips should be worn all the year.

Its comparative disappearance noticeable on the approach of cool weather, has been considered due to the absence of pollen from plants, to the presence of which some attribute the cause. But evidence is absent for confirming this to be true,

and evidence is plentiful to show that country people are comparatively free from it.

Any influence that depresses, mentally or physically, augments the severity or frequency of paroxysms. Persons addicted to monotony, users of tobacco, intoxicants, excessive coffee drinkers, and gormandizers, are its victims.

ASTHMA.

Asthma, like hay-fever, is an exhibiting symptom of systematic derangement. A wheezing, oppressive difficulty is experienced in breathing, sometimes proving exceedingly distressing.

In patients disposed to this exhibit of disease, the habits have much more to do in promoting it than have been believed, and till patients can be convinced that they must endeavor to conform their habits to that which is congenial to the individual person's self, not much betterment can be effected by medication.

After the system has taken on this disposition to get sick, various influences provoke a paroxysmal attack, chief among which are, mental worriment, vexations, and change in the condition of the weather.

The eliminating functions are not well performed. And these subjects for some unaccountable reason, will bend forward and cup the shoulders as if they were determined to convert the chest and stomach into a ball-shape, thus cramping the parts to a degree of extensive interference of functional activity—interfering greatly with the breathing. Too much confinement indoors, exposures to dust and lint from handling dry articles, exposures to odors and mixtures of odors, are annoying factors, and the system is seldom able to show but little resistance.

In attempting to benefit these patients, daily muscular exercise must be enjoyed—not the easy, slow, creepy kind, prolonged to exhaustion, but a vigorous bout for an hour or more to promote a vigorous circulation—to raise the sweat. Get the mind from its constant occupation, this gives rest and permits the vital forces to gather up their energies to continue life.

A hot water sponging of the body, soaking the feet well in hot water, just before retiring, relieves the inner centers greatly from congestion, thus favoring a better condition for rest. Eating must be at regular times, and sleep taken in nature's time for it. Large quantities of heavy, bulky, greasy suppers *must not* be the habit. In these cases it is quite better to go to bed without supper.

Accumulations of acid gas from undigested foods, and uric matters in the circulation, constitute a large portion of the irritating and depressing factors in asthma, and this is augmented by retained feces. And, when the condition has been of long duration, the membranes of the inner cavities become thickened, or continue in a swelled or inflamed state, to a degree.

The habit of biliousness must be kept rid of. To allay the inflammation and reduce swellings, thus removing much irritability, take the following: Take glycerine and water, of each, four ounces; polymnia uvedalia, one drachm. Mix, and take one teaspoonful of the mixture three times a day. The sulphur mixture directed in treatment of influenza, may be given as there directed, for regulating the general habits of the system. In paroxysmal attacks, salts taken as directed for milk-sickness gives relief.

Wainright, in Brit. Med. Jour., gives the following: "Menthol and carbonate of ammonia mixed and used as smelling

salts. Patients reported the disappearance of the irritability, and in many cases no recurrence."

Tincture of myrrh, one drachm, incorporated in an ounce of vaseline, and a portion placed up into the nasal cavities, at night is beneficial in annoyances of catarrh and asthma. The same quantity of oil of peppermint, mixed in the same quantity of vaseline, and used in the same way, also serves as relief, and gives quite a lasting benefit.

CORIZA—NOSE-RUN.

Coriza, or nose-run is unsightly and distressing. Add five drops of tincture of aconite, to four ounces of water, and give a teaspoonful of the mixture, every hour, until six doses have been taken, then every two hours during the day, and continue for two or three days, will stop the effusion. And if given in the immediate onset, will save the patient many days of suffering.

A capsule or a powder (see remedies in this book) taken just before going to bed, for two or three nights, will greatly facilitate recovery.

Twenty drops of spirits of camphor added to half a tea-cupful of hot water, and a tablespoonful supped as hot as can be swallowed, every hour, is a disperser of this annoyance and unpleasant feeling from congestions or colds.

The following tonic mixture taken as directed, frequently checks it in a short time: Take equal parts of cinchonidia, capicum, ginger and golden seal. Mix thoroughly. Fill No. 2 capsules with this mixture. If the nose-run is severe, take a capsule every two hours, till three have been taken. In milder cases, one taken half an hour before meals, three times a day will suffice.

The above powder may be given to children by mixing it in sufficient syrup.

In cases where this manifestation disposes to return, or disposes to continue, a remedy must be given to arouse the liver to assist in dispersing the morbid annoyance. For this purpose the capsules (see remedies in this book) or any of the mixtures containing cascara and podophyllin, may be taken as they are directed.

One dose of the anti-bilious physic taken the first thing after getting up in the morning serves well in some cases. Also, the capsules (see remedies in this book), may be taken, one every three hours till free alvine dejections are seen, or the powder may be taken without putting it in the capsules.

CROUP.

Croup, like the different manifestations of sore throat, results from a morbid condition of the constitution, though it is usually provoked, and an attack hastened, by undue exposures of weather. This disease also appears to confine to persons of the lymphatic temperament, the fat and the lean ones rarely becoming its victims.

It is usually confined to children from one year old to five years, though persons are found who are subject to its attacks, occasionally, up to fifty years of age.

The premonitory symptoms of this type of disease are so near like those of the sore throat called diphtheria, that it is useless to repeat them here.

The immediate onset is marked by more or less cough of a ringing metallic, coarse, heavy tone. It most frequently makes its first appearance at night, increasing in severity till after midnight, the symptoms then subsiding to some extent, usually only to return again with greater severity the next night, especially if the proper means have not been used to dispel the attack. This recurrence of increasing severity of symptoms may

continue for from three to seven days before the disease reaches the acme, when fatal termination ensues if relief is not given. A person of the diathesis to have the disease once may have it any number of times. It is claimed by many that this affection advances unexpectedly, but this assertion is simply due to lack of observation.

This morbid condition is given several names, as simple croup, membranous croup, etc., but it is the same one disease, differing only in degrees of severity. The exudation, mucous discharge, is frequently very thick, tough and tenacious; this exudation is termed by many doctors, "false membrane." When the acme of this disease appears, there is a great prostration which has been developing for some time. This prostrated condition of the system, the swelled and inflamed parts, together with the accumulations of exudations, the mucous discharges, causes death if unrelieved.

The quickest relief I ever obtained from remedies, or ever saw obtained, was secured from the administration of the podophyllin powder (see podophyllin powder, in remedies in this book). I gave a two grain powder, every six hours, relief being obtained long before the second was given. Vomiting ensues following this remedy when given in these cases, and clears the breathing way. In six hours another powder should be given. In conditions where the throat is full of exudations, and the glands swelled, there needs reduction of the glands and removal of the exudations. Washing the throat with the mop-swab well saturated with glycerine, is the surest and speediest way to remove these adhering exudations. In addition to removing the exudation, the effect of the glycerine to the parts is the withdrawal of excess of fluids, thus very much relieving the distention. Follow this cleansing with quickly mopping between the tonsils with a clean mop-swab well sat-

urated with olive oil to a teaspoonful of which has been added ten drops of spirits of turpentine, or essence of peppermint. A cleansing twice daily is sufficient, and morning and evening the best time.

Give the polymnia uvedalia mixture, directed in treatment of pneumonia, as there directed.

Cleansing the nasal cavities with a wisp of cotton attached to a little probang, or stick, and the cotton well saturated with glycerine, serves kindly to cure irritations in these parts. If there is much soreness or excoriations about the edges of the nose or cavities, after cleansing with the glycerine, mix one part tincture of benzoin, with three parts of water, and apply, or rinse the parts with it.

OBSERVATIONS ON CROUP.

Croupy symptoms are presenting for some time before a severe paroxysm has manifested, and the observing mother, or attendant, can detect these symptoms, the disturbed breathing, the hoarse, metallic ringing cough.

Soon as there are symptoms discovered, even though they are mild, give the patient a vigorous and quick physic, and the attack will be prevented from developing into a dangerous and perhaps fatal paroxysm. The spell will be broken up. Should symptoms re-appear, repeat the dose. For producing the action of the bowels, a large dose of Garfield Tea, is good and speedy; or a powder of the podophyllin (which see in remedies in this book) may be given, and the dose may be repeated in four to six hours, if the attack seems not very much disposing to disperse. By prompt attention to children, much suffering can be averted and doubtless a life may be saved.

“DIPHTHERIA.”

Diphtheria is a name given to a morbid condition, the prominent exhibiting symptom being an inflamed and swelled condition of the tonsils and the adjacent parts of the throat. It is the “sore throat” that our mothers and grand-mothers cured with the salt-and-pepper gargles, the camphor, lard and turpentine applied to the throat with the red flannel rag, the soaking hot water foot-bath, and the molasses-and-sulphur physic, and the pepper-sauce gargles.

The condition is a local manifestation of a constitutional disturbance—there is present a great general constitutional debility—an impoverished condition of the general system, deficient excretions and much congestion. There may or may not be an eruption over the body.

The disease never manifests spontaneously—the victims are in a condition of continuing decline for weeks, in most cases before the local exhibition. There is a general break-down throughout the system, very much like typhoid fever, in many ways.

The children of the lymphatic temperment are the sufferers. The vital energies in this temperament are of low grade, and appear to offer but little power of resistance to degenerating influences, and these lymphatic bodies always having a super-abundance of lymph, water, there is a flood ready to exude from every mucous surface, and every gland and follicle throughout the system.

The producing cause is undue degeneracy—deficient nutrition, and deficient excretion, thus placing the system in the degenerating condition. It is due to “biliousness” and a “de-ranged stomach.”

When the inflammation and swellings exist in the mucous membranes or parts, the exudations sometimes become tough

and tenacious and in some cases do not dispose to remove without assistance. Relief from the congested condition in these parts must be had, and if not removed by correcting excretions, exudation results—if the inflammation is confined to the mucous surfaces. If the congestion or inflammation extends to the tonsils, the disease having been permitted to go on, suppuration is the mode of excretion it takes on—the tonsils suppurating and discharging, frequently, like a sluggish boil. The “grayish spots” seen are either discharges from the suppurating tonsils, or the mark or spot from which suppuration or discharge will escape; the “deep ulcer” appearance is due to the same causes that produce the same condition in any boil or ulcer at any other part of the body, and presents after the discharge of pus has taken place.

If attention has been given, and treatment begun on the first appearance of swellings of the part, before exudation or suppuration is going on, either the capsules (see remedies in this book), or the powder taken without being put in the capsules, given, a dose every six hours till biliary alvine action is seen, and then given sufficiently frequent to continue two or three alvine dejections daily, for three to five days will, in addition to hot water spongings of the surface of the body, proper feeding and rest, and protection from cold, cure the sufferer.

If the sore throat has been permitted to continue till the nose, throat and mouth are full and spouting over, and the tonsils have ulcerated, the discharge from them exhibiting the “patches,” the work of restoration to health is a greater task, requiring much more watchfulness and care. When this condition presents, or, when the fullness is present but the discharges do not dispose to remove, give the above powder, a dose every three hours till the above effect is obtained, then discontinue the powders and give the following: Take *polymnia uvedalia*,

one drachm; glycerine and water, of each, four ounces. Mix, and give a teaspoonful three times a day. Spraying the throat when in this condition amounts to very little good. Use the mop-swab, saturate it well with pure glycerine, press down the tongue, and with a *wiping* movement bring the mop-swab between the tonsils and thus *bring out* the morbid exudations and discharges. Permit the patient to rest five minutes or so, and then add twenty drops of spirits of turpentine to a teaspoonful of castor oil, and saturate well a new mop-swab with this mixture, and apply in the same way to the tonsils as above. Administer this treatment morning and evening. Essence of peppermint instead of turpentine is equally good.

Confine a bit of new cotton around a very small probang or pencil, saturate it with glycerine and introduce it into the nasal cavities and cleanse them; then add twenty drops of tincture of benzoin to two ounces of water, and with a new cotton mop, saturated with this benzoin mixture, rinse the nasal cavities. After cleansing any sore that may be about the nose or mouth, with glycerine, rinse them with the benzoin mixture.

Prohibit foods till the biliary alvine action is obtained, before directed, then give the foods at the three times a day, but do not continue feeding or mincing at all times throughout the day.

By cleaning the tonsils with the above means, the catarrhal secretions that do not dispose to remove without assistance, are removed and *brought away*, thus preventing accumulations. This is the chief object striven for, as it is the accumulation of catarrhal exudation from these parts, and swellings of the parts, thus closing the breathing way, that causes death in a large number of these cases. Added to this is the run down condition of the system which permits but little resistance.

Phytolacca, five drops, added to four ounces of water, and a teaspoonful of the mixture given, to a child three to seven years old, every two hours during the day, aids much in reducing the swellings of the tonsils, if not too near suppuration.

Also, fluid extract of bryonia, ten drops added to three ounces of water, a teaspoonful of which may be given every two hours during the day, with much benefit, in *any* stage of the disease.

Two parts water, and one part of essence of peppermint, makes a valuable wash for the throat, and if the throat is not full of catarrhal accumulations, it may be sprayed into the throat—if the throat is full, apply with the mop-swab. The essence of peppermint applied freely over the throat and well up around the ears, lessens the severity of swelling and soreness, and very markedly hastens the cure.

Equal parts of spirits of camphor and water, also makes a valuable wash for dispersing the inflammation and swellings from these parts, its action being rapid and effective.

Frequent supping of *hot* water, hot as can be supped, *not warm*, aids very greatly in reducing swellings in the tonsils and throat.

The following is a valuable alterative tonic for giving to these patients for aiding in continuing the restoration to health: Take tincture of wild cherry bark, two ounces; tincture of gentian, one-fourth of a drachm; tincture of golden seal, half an ounce; tincture of prickly ash berries, half an ounce; and glycerine, six ounces. Mix, and to a child three to five years old, give a teaspoonful, three times a day. Two ounces of simple syrup may be added to the above, to improve the taste.

When there is fetid or offensive odor about the breath of the patient, add half a teaspoonful of chlorate of potassa, to half a glass of water, and give a teaspoonful of this mixture two times a day till the odor disappears.

A heaped teaspoonful of sulphur, added to a glass of water, a teaspoonful given every ten to twenty minutes, to a child eight months to a year old, has been recommended for curing croup and sore throat in any and all of its forms. It is doubtless excellent.

Essence of peppermint, four ounces; spirits of turpentine, two ounces; and mucil. acaciæ, two ounces. Mix, and to a child three to five years old, give a teaspoonful three times a day. This has been recommended for this condition of sore throat.

Both the peppermint and turpentine are rapidly diffusive, and speedily disperse swelling and soreness, hence, aid recovery. But instead of mucil acaciæ, I would use equal parts of glycerine, olive oil, also simple syrup, one ounce of each.

OBSERVATIONS.

Diphtheria never develops spontaneously. It is not "caught," it develops within the system's self. Ere the tonsils have manifested swellings to much extent, the gastric follicles or glands of the stomach are much more disturbed, and there is a general condition of morbidness throughout the system, and really the congested, inflamed and swelled condition of these parts are consequents. "Biliousness" and "stomach trouble," a common parlance, quite well expresses the condition.

If mothers and attendants will take the trouble to notice, they will call to mind that the patient had been exhibiting indisposition in increasing severity for several days before the seeming attack. Fretfulness, dull and drowsiness, tongue

coated, breath offensive, bowels and urinary excretions not well performed, and the swellings about the tonsils manifesting and increasing. The hardness of the tonsils can be felt from the outside, and the swelling seen inside by pressing the tongue down and looking.

There are several remedies that either may be given and thus prevent the sickness to continue developing till the tonsils suppurate, which is simply the condition in the throat in diphtheria.

A full dose of Garfield Tea given every morning, before the patient eats, for three mornings, and then a dose every other to every third or fourth morning till three or four doses more have been taken, will serve, if taken early.

Two grains of the podophyllin powder, prepared as directed in single remedies in this book, given mixed in water, or as liked, a dose every four or six hours, till dejections from the bowels has freely appeared. This powder may be given mixed in sorghum molasses. This powder serves best if much severity has exhibited.

Free applications of essence of peppermint over the throat, tonsils, and well up around the ears, are excellent for dispersing the swelling and soreness from these parts. It may be applied three or four times a day. A dose of this taken on sugar, permitting it to dissolve slowly in the mouth is a helpful hastener to cure.

Glycerine is a rapid disperser of congestion, swelling and inflammation and promotes healing, hence it serves so well for internal use in the throat.

SORE THROAT.

There are kinds, and kinds, of sore throat—or, sensibly speaking, sore throat of different degrees of severity. Many

names are given to sore throat, but the difference is really in the different degrees of severity, and the causes are so very alike that it is difficult to describe the difference. Many of the various names, however, are becoming obsolete, thus removing much horror-stress associated with the morbid condition, and leaving it to more readily get well.

In all conditions of sore throat the general system is overloaded with its own debris and detritus, (morbid matters), and this must be got rid of to effect a cure in *all* cases.

The clergymen's and public speakers' sore throat will disappear by resting from speaking and taking muscular exercise to aid the system in ridding itself of its own detritus. In severe cases the capsules (see remedies in this book), taken as directed; or polymnia uvedalia, half a drachm; water and glycerine, of each two ounces. Mix and administer; giving a teaspoonful of this mixture three times a day before meals hastens the dispersion of the ailment.

Recovery is hastened in all the degrees of severity, of all manifestations of sore throat either by taking the mixture containing cascara and podophyllin, as directed in this book in the treatment of uræmia, or the capsules, (see remedies in this book), or the powder taken without placing it in the capsules.

A tablespoonful of the cascara mixture may be taken by an adult every night, for two or three nights, then every other to every fifth night till recovery is well establishing. The capsules or powders are to be taken with the same frequency.

If much severity has developed, a dose of either of the above should be taken every four hours till free biliary alvine dejections follow. In fact these remedies are of prime importance in *all* cases of sore throat.

By changing the size of the dose the above remedies and treatments meet the requirements in cases of both sexes and all ages.

The above remedies are efficient in cases of enlarged tonsils. If the tonsils have become inflamed and progressed to the formation of pus, this will evacuate (very similar to a boil), when healing can go on. Mopping the tonsils, moistening the mop with hot water, to a teaspoonful of which has been added five drops of spirits of turpentine, hastens the cure. Also a mopping with pure glycerine, preferably, is a hastener to recovery. If the inflammation has not progressed to the formation of pus, tincture of philotacca, five drops added to four ounces of water, is a remedy a teaspoonful of which administered every two hours will very frequently disperse the trouble.

Where there is a redness in the throat, frequent gargles of briskly strong black pepper tea will give the cure.

The worst types of sore throat are those due to the use of tobacco by either chewing or smoking, and to syphilitic taint. The above remedies are also efficient in these last named cases.

HEADACHE.

There are headaches, and headaches, varying a little in severity and location, but nearly every one arises from the same cause.

That constant headache, aches everywhere and through your head, arises with you in the morning, accompanies you all day, and visits your dreams at night, but occasionally flatters you that it is gone, the following treatment will disperse: Take pulsatilla, five drops; water four ounces. Mix, and to an adult, give a teaspoonful of the mixture every two hours during the day. Give a capsule (see remedies) at night

just before going to sleep. Continue taking the medicine till cured.

That headache that appears accompanied with nausea and nervousness is not conducive to comfort. Tincture of nux vomica, five drops, added to four ounces of water, a teaspoonful of the mixture taken every hour, till four doses have been taken, then taken every two hours, will disperse the annoyance. A hot water sponge bath followed by a sleep is a kind, soothing assistant in bringing relief, in all attacks of headache. If the entire body cannot be bathed, bathe the feet. A dose of the anti-bilious physic is a first good promoter of recovery in these cases.

When the headache presents accompanied with dizziness, blindness, or disturbance of vision, the veins are usually full and stand out and the tongue is nastily coated. Take cascara aromatic, one ounce; simple syrup, and glycerine, of each, two ounces; tincture of buchu, one ounce; podophyllin, one grain, and oil of peppermint, half a drachm. Mix, and take a tablespoonful every night just before going to sleep, continuing taking it till recovery. In severe cases take a + spoonful of the mixture every three hours till free biliary action is seen. This remedy is by no means amiss, given in all cases of headache.

Another headache has a sharp cutting pain across the forehead, in the eyes, and sometimes a throbbing, generally soreness through all of the head, especially across the forehead, with more or less sense of fullness, somewhat as if attacked with "swelled head," in fact. Fluid extract of bryoniá, twenty drops, added to four ounces of water, a teaspoonful of the mixture given every half hour till four or five doses have been given (in severe cases), then every two hours, will give happy relief.

This form of headache usually manifests after, "taking cold." The type of aches appearing along the lower limbs, in fact, any part of the body, accompanied with aching-soreness, often remaining very near the bones, the above remedy proves effective in dispersing.

That dull sleepy headache, can't keep awake, feet and legs go to sleep and hands and arms feel inclined to, is ugly company. Take a hot water bath, drying the body with much friction, then take a dose of that electric pain-dispeller—anti-bilious physic, roll up in a blanket and keep very quiet for a short while and that sleepy feeling will soon disappear. This is especially beneficial in cases given to sedentary habits and gross eating.

The headache that comes purely from fatigue, a hot water bath and sleep—not *unconsciousness* which comes from taking morphine and its companions, but *natural* sleep; this natural sleep will follow a vigorous hot water bath, and the headache will be gone when you awake.

MEASLES.

Measles is characterized by a rash or eruption over the body; it may be preceded and accompanied by more or less fever, malaise, restlessness, and prostration. Restlessness, fretfulness, coriza, or nose-run, red and watery eyes, are frequently the first symptoms that indicate that any ailment is appearing. These symptoms may exhibit five or eight days before more decided symptoms develop, or even before fever in any marked degree manifests. Or, symptoms during this developing stage may be so mild as to attract no attention, and the rash or eruption, may be all aglow before attention has been attracted.

The rash may appear in spots, but when fully out, it may appear run together covering the surface. There is some swell-

ing over the surface and there usually exhibits to the touch some slight sensation of "goose-pimple," over the skin. The duration of the eruption is from three to five days, when desquamation, or scaling off, begins. At this period itching is more or less annoying. This may be overcome by sponging the surface of the body with very warm water, or rubbing over the body with "bacon rind," which though not appearing very esthetic, is quite valuable in this itching little trial.

A large per cent of cases require no more special treatment than keeping the patient protected from cold and administering the hot water sponge-baths.

If the rash is slow to appear, an alcohol vapor bath is generally successful in bringing it out; by producing sweating the determination to the surface of the impurity is favored and its escape aided, thus hastening its appearance on the surface. Pennyroyal tea, saffron, and sage tea, are given to promote sweating thus favoring the above result, or in developing the rash. Keeping the patient very warm and permitting cold water drunk when desired, has also been followed by well development of the rash.

If the patient is dull and drowsy, and the surface of the body tones to a dark purplish tint in color, yet the measles do not appear, give the following: Add five drops of tincture of belladonna, to four ounces of water, and give a teaspoonful of the mixture every two hours, to a patient over twelve years old. To others proportionate to age. Usually from four to five doses is sufficient.

Occasionally a case is met in which the prominent symptoms of measles present, yet the rash does not appear, and the usual means administered for favoring their appearance fails to supply the assistance needed. The skin presents a dirty-yellowish color, and the tongue is also of the same color; nausea, and

occasionally vomiting are present. To a patient presenting the above appearance, give the following: Take simple syrup and glycerine, of each, one ounce; sweet spirits of nitre, half an ounce; and podophyllin, half a grain; essence of peppermint, two drachms. Mix, and give a teaspoonful every three hours till alvine action is seen—from one to three doses usually being sufficient, or, a capsule (see remedies in this book), given as the above is directed, will usually bring out the eruption. The writer has effected as much, even when all the usual remedies used for this purpose had failed to give the assistance. The powder may be given without putting it in the capsules.

One or two doses of the chlorate of potassa mixture (see remedies in this book), given during the day, will disperse the fetid odor which accompanies the acme of the eruption, and also, it aids in preventing undesirable throat troubles.

Equal parts of glycerine, essence of peppermint, spirits of camphor, of each, two drachms; simple syrup four ounces. Mixed, and a teaspoonful of the mixture given every hour or every two hours, will disperse the ugly mucous rattle that sometimes annoys the throat in cases of very small children. This dose is for a child five to eight years old.

Drosera, five drops, added to four ounces of water, a teaspoonful of the mixture given every three hours, usually disperses the cough that occasionally accompanies measles.

If there are undue swellings or dropsical manifestations, either accompanying or consequent to the measles, the following serves the best purpose for dispersing the morbid condition of any remedy with which I am familiar: Take sulphur and cream of tartar, of each, half a teacupful; and podophyllin, one half of a grain. Thoroughly mix, and give an even teaspoonful of the mixture, morning and evening. This dose is for a child

four to eight years old. Any and all cases make a safer recovery if this remedy is given.

A little sulphur may be burned in the patient's room every second day. A little oil of wintergreen mixed with water, sprayed or sprinkled about the bed draperies and the patient's linens, disperses unpleasant odors, leaving an agreeable purity to the surrounding atmosphere.

The cup of hot water, followed with taking the juice of an orange, is the best beginning of the feeding. In feeble conditions of the appetite, a teaspoonful of maltine with pancreatine and pepsin given before each meal, disperses unpleasant disturbance, favors digestion, and leaves agreeable comfort.

If severe throat disturbances manifest, give the treatment for diphtheria directed in this book.

There is but one kind of measles—just measles; though severity of morbidness may accompany an exhibition in varying degrees. While it may produce a complication, or a complication manifests, yet the measly part is only measles. Since the various nationalities have married and inter-married so that it is next to impossible to tell the other from which, the measles have taken on the same racket, and we now have no more “French,” “Dutch,” nor even “Black” measles.

SCARLET FEVER.

Scarlet fever, like measles, mumps, and other diseases that usually attack the person but once in a life time, is due to existing conditions within the individual body's self independent of other bodies about it, and any body in which these conditions exist, is likely to develop scarlet fever, and without having to run very far to “catch it.” Every individual does not experience an attack of scarlet fever, neither is every one attacked with small pox notwithstanding the efforts of vaccin-

nation to help them to develop it. This is simply due to the conditions not existing in that body's self (that body that escapes the attack) not having the existing conditions necessary to develop it, or, that its presence was so mild as not to attract attention.

Scarlet fever varies, and modifies in degrees of severity very like measles. The treatment and care necessary for aiding and favoring its development, and the restoration to health, are so essentially alike that it is difficult to draw the line where difference is the needed thing.

The malaise, languor, debility and disposition to degeneracy though varying in intensity, is somewhat more marked in scarlet fever than in measles, and the depression proportionately greater, and the lymphatic glandular system appears to be a little more engaged in the disturbance, and to this is due the more likelihood of the tonsils becoming inflamed and ulcerating, as they frequently do.

Its usual appearance when the eruption is well developed, is the red glow all over the surface of the body, looking by ordinary observation, as an uninterrupted red display; but by close inspection there is found the little spots—though most frequently quite minute, yet they are present, and though never prominent in quite the same manner as those of measles, yet welt or ridge-like prominences have manifested, and in some cases so prominent as to threaten vesication.

The immediate onset of fever is usually preceded by some degree of chill, or chilly sensations, and which frequently recur till desquamation is beginning.

The patients should be placed in a very comfortably warm bed, and covered with woollen blanket, or blankets, to preserve an evenness of warmth about the patient, and be kept quiet. The body should be sponge-bathed, using hot water, every day

till recovery is established. This favors the appearance of the eruption, lessens the severity of the disease, and hastens a perfect recovery.

Many patients recover, requiring no more special treatment than being well protected from cold, permitted quiet and rest, bathed and properly fed. Many of these patients are almost worried to death by being over-dosed, and the too frequent exhibition of food.

The teas directed given in the treatment of measles may be given the scarlet fever patient to favor the eruption upon the surface of the body. If it does not properly appear from keeping the patient warm and the drinking of the hot teas, administer the alcohol vapor bath, being careful to not permit chill air to pass over the patient to produce a suggestion of chill while removing the patient to bed. Should this not develop the rash or eruption, add five drops of tincture of belladonna to four ounces of water and give a teaspoonful of this mixture every hour or two hours when, following the third or fourth dose, the eruption will usually be seen to display, and then this remedy need not be given.

Much severity and suffering may be avoided and prevented by being watchful and permitting no morbid symptom to progress. Some degree of sore throat may *always* be expected in *all eruptive* fevers. As soon as attention has been attracted to the condition of sickness, at once examine the throat, and even though the indications of swelling be mild, it will not be amiss to give the following, which will disperse the swellings and inflammation that may be present and prevent the centering of congestion and consequent inflammation in the tonsils and about the throat: Take essence of peppermint, four ounces; spirits of turpentine, two drachms; spirits of camphor, two drachms; sweet spirits of nitre and tincture of buchu, of each

half an ounce; glycerine and olive oil, of each two ounces. Mix, and to a child four to six years old give a teaspoonful three times a day till desquamation is manifesting.

If the patient presents much degree of severity, or disposes to be slow in recovering, add one grain of podophyllin, one drachm of tincture of ginger and two ounces of simple syrup to the above mixture, and to children of above age give half a teaspoonful three times a day.

These remedies are adaptable to all ages of patients, and by observing the above directions and giving these remedies accordingly, a perfect recovery will be obtained, and no bad sequela of kidney trouble or dropsy will follow.

If suppurating of the tonsils manifests, treat as directed for sore throat—for diphtheria.

WHOOPING COUGH.

There are many of the symptoms accompanying the development of whooping cough that are identical with symptoms of measles and scarlet fever. There is the languor, the restlessness, paleness, appetite disturbed, eyes watery and more or less red, especially under the eyes there is a red circle. The glandular system is more or less disturbed, as is evidenced by the enlargement of the tonsils, and, by the exhibitions of vomiting which are due to the disturbance of the gastric follicles of the stomach and from whence results the irritation of the stomach. Its progress is marked with the usual stages common to the eruptive fevers, the stage of development, the stage of duration and the stage of decline.

It rarely appears later than childhood, a few cases have experienced more than one attack, occasionally it exhibits in senility, while there are many persons who experience no attack during life. It continues from three weeks to three or five

months. The severity is greater when attacking persons in the beginning of the cool autumn weather, than when its attack is experienced as the warm spring weather is about to make its advent.

Usually no special treatment is required more than baths for cleanliness, protection from severe changes of the weather, and preventing undue bodily exercise.

Frequently the distressing paroxysms are best relieved by the frequent sups of hot water, the water *hot* not warm. A little glycerine added to the water sometimes increases its benefit.

Half a teaspoonful of glycerine added to half a teacupful of hot water, and have the patient sup it while it is so hot as not to burn, relieves the paroxysm. A fourth of a drachm taken on sugar also disperses very severe paroxysms most excellently.

A heaped teaspoonful of equal parts of sulphur and cream of tartar, added to a pint of boiling water, let cool and take frequent sups, during the day. This ameliorates very much, the severity.

Essence of peppermint three parts, and glycerine one part. Mix, and give a teaspoonful occasionally, or when the paroxysms are distressing, also ameliorates the severity, the glycerine very mildly modifying biliary action, and the peppermint sedating or quieting disturbance of the parts, diminishing the spasmodic nature of the cough.

Drosera, five drops, added to four ounces of water, a teaspoonful of this mixture, given every hour to every four hours, is also of much use in this sickness.

MUMPS.—PARODITIS.

This disease is indicated by a painful swelling of the parotid glands, accompanied by more or less soreness and stiffness of

the neck. The immediate onset is frequently ushered in by a chill or chilliness, though for some days previous there is usually a degree of languor experienced. The swelling frequently affects both glands at once; sometimes one is affected, and as that is recovering the other one becomes affected; and sometimes one is affected, and several years after, the other one is affected.

It is one of the diseases that rarely attacks the same person more than once.

More or less difficulty is experienced in deglutition and opening the mouth. There is always some fever, but as the disease progresses towards recovery it subsides. Mumps, like measles, scarlet fever, and small pox, are self-limited, or run a course—the swelling increasing till the fourth or fifth day, when, in mild cases, it disappears in from seven to fifteen days from the onset.

It is usually confined to the period of girlhood and boyhood, but occasionally it appears later in life. Males are more subject to its attacks than females. Its appearance is not confined to any special season of the year.

Its cause is due to a morbid condition of the body affected and is not contagious. There are long periods of time when there is not a case to be found, as is also measles, scarlet fever, whooping cough, and other diseases that usually afflict the individual but once in a lifetime, as well as the absence of many other diseases. Why many individuals are affected with certain types of disease once in a lifetime is not understood.

The disease has a tendency to manifest in distant parts; in the female the mammary glands and the labia majora are attacked, and in the male the testicles. This manifestation is likely to appear during the active stage, or about the time the glandular enlargement is about to subside from the parotids.

This is not a translation of the disease from the parotid glands to the parts above named, as many suppose, but is an additional manifestation from the same morbid cause within the system that gave rise to the parotid glandular affection. It is accompanied by the same symptoms of painful swellings, stiffness and soreness, and is present in some degree in all cases, though generally mild—usually so mild as to attract no attention.

The manifestation of this inflammation in the distant parts does not always appear synchronous with the inflammation of the parotid glands. I met a case in which the inflammation affected the labia majora, four years after the patient had been affected with the mumps. The case was one of considerable severity, requiring several days' stay in bed.

Very rarely this disease terminates in suppuration—occasionally it does, and may do so in cases of great debility, and badly managed cases. This disease may prove fatal, or occasion permanent difficulty, notwithstanding it has been considered a disease not attended with seriousness, and though usually it is not.

The patient, even in the mildest cases, should remain quiet, in bed being preferable, and be kept comfortably warm, and the room comfortably warm, so that in moving about, or in and out of bed, the air does not chill. It is very unwise for the patient to pass into cold rooms, or out of the house into cold damp air. The affected parts should be covered with a silk or woollen scarf. A hot water bath or a sponging off with hot water should be administered each day, and especially should the feet be bathed, soaked, as it aids greatly in abating the severity of the disease, and hastening the recovery.

An alterative medicine should be given in all cases to remove any abnormalities from the system, and thus prevent any undesirable sequelæ. The following will be found to serve the purpose: Take fluid extract of cascara aromatic, half an ounce; simple syrup and glycerine, of each, three ounces; sweet spirits of nitre, one ounce; podophyllin, one grain. Mix, and take a teaspoonful every four hours till free alvine action is seen, then a dose sufficiently frequent to continue free excretions daily.

It is not always necessary to make medical applications to the parotid glands, but occasionally much painfulness accompanies the manifestation. The following applied, gives soothing relief: Take tincture of arnica, one ounce; spirits of camphor, two ounces; aqua ammonia, half an ounce; and oil of peppermint, one-fourth of an ounce; spirits of turpentine, two ounces; and castor oil, one ounce. Mix, and apply twice a day. Also, frequent hot water baths to these parts relieves pain and removes swellings.

The patient should avoid exposures, and much exercise for a month or six weeks after the soreness and swellings have subsided. During the acme of the disease the patient should keep perfectly quiet.

If the inflammation and swellings appear in distant parts, the testicles in the male, and the labia majora in the female, administer a hot water sitz-bath, also, the hot water foot bath, of half an hour duration, and place the patient in a warm bed and keep the patient quiet. If the sitz-bath cannot be administered, apply woolen mats wrung from hot water to the parts, change them sufficiently frequent to keep them hot. Or, hops and bran mixed and moistened with hot water and applied hot to the parts. Equal parts of spirits of camphor and hot water, applied, will disperse this swelling in a few hours—will

disperse the pain in less than thirty minutes. The writer has effected as much. The camphor occasions a little smarting, but it lasts but a few minutes, and the soothing and rapid relief obtained is most gratifying. If the mammary glands become affected, administer the same applications, and observe the same care. This is one of the ailments to which the human body is subjected to, that quiet is part of the essential treatment.

The following has been recommended for ameliorating the severity of mumps: Take essence of peppermint, four ounces; spirits of turpentine, two ounces; and mucil. acaciæ, two ounces. Mix, and shake the bottle well each time before taking a dose. Dose for adult, a teaspoonful, three times a day. The influence of these remedies is good. If an ounce of each of glycerine and olive oil is added to the mixture instead of the mucil. acaciæ, its value is improved.

A capsule, or powder not in the capsule (see remedies in this book), taken every night for three or four nights, beginning when its presence is suspicioned, will greatly lessen severity and prevent development of much unpleasantness. In cases of great severity, a dose of the anti-bilious physic administered in the beginning of treatment is a speedy alleviator of suffering.

RICKETS.

Rickets is a disease in which deformity of the bones in some part, or parts of the body exhibit, usually the spinal column, the breast bone, pelvis, or legs. Various theories are advanced regarding its cause, though with our present knowledge its cause can only be conjectured. By some it is considered due to scrofula, by others, due to deficient calcarious deposits due the part, thus causing weakness, and the weight causing the deformity; but neither of these theories appear well founded, as cases are found in which the deformity began exhibiting at an age when the weight of the body is not

thrown in a line that is supposed to produce the injury, in some cases the child being in the recumbent position almost exclusively. One case of which I obtained history, began exhibiting the deformity at the age of two months; another case exhibited the entire absence of three vertebræ at birth.

The cause is undoubtedly congenital, whether the deformity is visibly present at birth, or whether it be sometime after birth that it exhibits, and is one of nature's defects beyond our ability to prevent—at least with our present knowledge.

There exhibits, especially in its early manifesting, a deficiency of nutrition of all the structures of the body. The body exhibits emaciation, the flesh usually flabby—deficient in tone, abdomen sometimes unduly large, indicating gaseous distensions or abdominal dropsy. Nutrition of the parts is checked or morbidly perverted, and development perverted causing the deformity. If degeneracy is not or does not progress to the destruction of the child's life, the bones become firm and solid as the constitutional health improves, but the deformity remains.

It is rare that benefit is obtained, as far as removing the deformity is concerned, and rarely improvement in any way. Place the child in the best comfort possible, and endeavor to nourish the body the best possible, making the best of the situation. Many have spent all of their earnings in endeavoring to obtain relief from conditions from which there was no possible promise of betterment, and were left many times with a worse deformity, and in addition their substance being squandered away, they were left destitute, and helpless, thus to drop to the charge of unhospitable charity.

SMALL POX.

Of all the eruptive fevers, small pox is the most extensive and intensive disturbance of the skin of any, the most loathsome, its tracks the most unsightly. Though it must be classed with the eruptive fevers, and exhibits some features in common with the other types, its most prominent features are distinctively dissimilar, and yet it depends on the same conditions for its existence.

It may appear at all seasons of the year, and persons of all ages are liable to it—all persons that are of the diathesis of eruptive ailments, those whose sicknesses or ailments dispose to manifest boils, pimples, etc.

One attack has been considered immunity from another attack, but cases have been reported of it having afflicted persons the second and third time.

Its subjects are those of debilitated, "bilious" conditions, which conditions may be due to various causes, as deficient or improper foods, undue exposure to inclement weather, long marches, over-work, either mental or manual, over-eating and deficient excretion, or any cause that produces exhaustion or checks excretion by the way of the kidneys and bowels.

Small pox is but a *crop of little boils*, due to the effete materials of the body seeking an outlet, and not having obtained it through its natural channels, (the kidneys and bowels), it finds it by way of the sewers of the body which open out through the skin. These little boils are the follicular sacs of the skin, full of effete material which, completing in decomposition eventuate in the matter we call pus, and empties out of the mouths of these little follicular sacs onto the surface of the body. These effete materials coming to the surface of the body are a *perversion of excretion*. These materials should

have been carried from the body by way of the kidneys and bowels.

There is comparatively nothing known of its cure and nothing generally known of its prevention. Vaccination, under one guise or another, has been more destructive and vitiating than pestilence and almost equals war, and with no evidence whatever of having prevented a single case.

There are four well defined stages in its progress, namely: the coming down period or stage, the stage of incubation, the stage of eruption, and the stage of desquamation.

The coming down period is marked by a feeling of indisposition, weakening of energies, malaise, occasionally wandering aches and pains in the body, and increasing nervousness; this may and almost invariably does extend through quite a number of weeks.

The period of incubation or formative stage, extends from the onset of fever, which as in other fevers is marked with more or less defined chill, to the exhibition of the eruption; this stage may be marked by more or less severe disturbance physically, and proportionately mentally, some cases being so mild as not necessitating the patient confining to bed; others are accompanied by nausea, vomiting, extreme nervousness, intense fever, delirium, convulsions. The bowels may be constipated, or alternate with diarrhea, and the urinary excretions are not well performed.

The site of these little boils, which in fact they are, is more marked in the early formative stage, by the shot-like formations felt by touch beneath the skin, than any marked discoloration more than accompanies the presence of other fevers; in fact this is the first manifestation that distinguishes it from any other type of fever.

The time from the fever manifestation till the out-burst of the eruption varies in length, though generally extends from five to seven days, the appearance of which marks the beginning of the eruptive stage. Then a sense of relief is experienced, and amelioration of the severity of the symptoms is manifest, and the little boils have presented a pointed appearance.

The eruptive stage extends from the visible appearance of the vesicles till the follicles have cleansed out, till the pus is evacuated from the little boils, or pox, if one so chooses to call them. The completing of maturation is marked by the appearance at the point of the little boils, of a pale yellowish watery-like fluid, which increases in quantity, turgidity, consistence, evacuates and leaves a *funnel shaped* cavity, thus marking the beginning of the stage of desquamation and recovery, which, when these little boils have evacuated and healed, leaves the umbilicated scar, proportionate in degree to the extent of the destruction of the structure of the follicular sac, the deformity of the scar depending upon this cause and the irritation it may have been subjected to by being scratched or rubbed.

It is rare that the eruption is general all over the body, though it may be. Though there are cases that pass through the various stages to recovery requiring but little attention, it is well to exercise caution and protect the patient from causes which may provoke serious manifestations, and use the necessary prevention of undue markations.

During its progress various vexings may exhibit in addition to those first named, as swellings of the hands and lower limbs, the face, and possibly all over the body, or it may unduly distress the nasal cavities. The little boils may be near together, the discharges on the body may excoriate, and from this cause extensive crusts may manifest thus destroying more tissue and enlarging disfigurations very unnecessarily.

The patient should be kept in a dark room, comfortably warm and well ventilated. Sulphur should be burned in the room each day, till the patient sneezes mildly. This should be continued till desquamation is well advanced.

The hot water baths in the treatment of this disease are invaluable, and the water serves best used as hot as can be borne. The sponge bath is preferable, as it can be used by any one. Care must be taken that chill air is not permitted to pass over the patient's body while wet or undressed. These baths disperse irritation and restlessness, lessen the degree of fever, and disperse the offensive odors. And the writer is of the opinion that when these hot water baths are administered from the first discernable appearance of the shot-like formations, which is learned by placing the hand over the surface of the body distinguishing their presence by touch, and continued once a day throughout the duration of the sickness, that there will be fewer of the pox open, hence there will be less markings, as the markings are due to the rupturings of the little follicular sacs in which these little boils are situated—being situated in the follicles of the skin.

For internal medication there is nothing equals the anti-bilious physic (see remedies in this book). When it is evident that the condition is small pox, which is learned by touch of the little shot-like formations under the skin, if a full dose of the anti-bilious physic is administered, a very great amount of the determination of the morbid matters to the surface is prevented, thus lessening the developing of the little boils.

The action of this medicine is effective in eliminating these effete materials and morbid matters from the general circulation and carrying them out through their natural outlets—the kidneys and bowels. This remedy is effective without creating irritation or depression. It is best to give it when the stomach

is empty of foods. Immediately following its action, amelioration of all of the severities manifest, and a general betterness is experienced. A second dose may be given the second day after the first dose, when likely no more will be needed.

Add one ounce of tincture of benzoin to three gallons of the water used in the bathing. This lessens the severity and hastens healing. Another application, and one that greatly aids in lessening the severity as well as the development of the little boils, is made as follows: Take of sulphur and pure hog's lard, of each, a teacupful; common baking soda, a heaped teaspoonful. Thoroughly mix. Apply freely over the body, especially where there are boils manifest. These treatments, in addition to their curative effect, prevent extension of the boils from excoriations or other causes, dispel the intense itchings and nervousness, shorten its duration, and lessen the extent of disfiguration from scars; and, the patient does not incline to scratch and rub.

If the face, neck, shoulders, hands and arms are thickly covered with new, unwashed cotton, an inch thick or more, both the severity and markings will be immensely lessened.

A teaspoonful of chlorate of potassa, added to a glass of water, a teaspoonful of the mixture given from four times a day to twice a day, lessens the severity and disperses offensiveness of odors.

One drachm of oil of wintergreen, and a teaspoonful of borax, added to two ounces of water, and this quantity sprayed or sprinkled about the bed draperies, and the room, places the atmosphere in an agreeable state.

The foods must be agreeable and nutritious, and taken the three times a day.

THE PREVENTION.

The prevention of small pox consists in a well cared for body, neither more nor less. The well nourished body, the urinary and alvine excretions well performed—in old-fashioned parlance, the “keeping from getting bilious”, but in sensible language, the keeping of the body *clean inside*, the body protected from inclemencies of the weather, given due rest and proper exercise will not be the abode of small pox. This is THE PREVENTION, and it meets all cases, and gives the adequate return of good, *the proper pay for value received*, which should embody all dealings of human beings with human beings. This prevention does not mutilate the body. It does not poison the blood. It does not terrorize people. It does not tear people from their homes and confine them in filthy dens. It does not disrupt commerce. It does not break up schools.

A CASE.

The patient, a student, aged 18 years, not accustomed to manual labor or exercise—none more than going to and from school and the usual games of students, complained of nausea, heavy distress in the stomach; there was sour and offensive fetor to the breath, considerable nervousness and restlessness, and chilly shudderings. Measles, scarlet fever and mumps had been passed through several years before, and the contagion-carrier had not been known to have ever left small pox in that district.

Gave a large dose of the anti-bilious physic to relieve the stomach of the morbid matters that appeared to be causing the stomach distress, and ordered a hot water sponge bath, directing its administration personally; when the back of the patient was exposed to view there exhibited such a crop of the shot-like formations from the neck to the bend of the hips,

that no missing hills seemed to require re-planting to make it a full crop.

Gave a capsule (see remedies in this book) at seven and ten of evenings during the greatest severity.

Ordered the hot water sponge-bath administered every day, the water having the tincture of benzoin added, and the following applied thickly over every part where there was a suggestion of the appearance of the shot-like forms:

Take sulphur and pure hog's lard, of each, a teacupful; common baking soda, a heaped teaspoonful. Mix thoroughly.

The patient ate freely of lemons, pine apples, oranges, apples both baked and uncooked, bananas, milk, oat meal and graham mush, served with sweet cream and sugar, buttered toast, crackers, chicken.

The result. Less than one dozen of the little boils discharged any, and but three discharged to any extent, and but two slight marks remain to insure its remembrance. The above case was treated by the writer.

The knowledge of the writer has been gained from actual practice, study of the cases, and observation.

OTHER CASES.—THESE EXHIBIT THE USUAL TREATMENT.—RESULTS

Twenty-one cases were twenty-one of twenty-seven refugees, who had left their homes in the war stricken south, South Carolina, after the close of the civil war, and were prostrated from the enervating influences of prolonged deprivations and depressing influences of such horrors as war, in their native state, and the additional exhaustion of long travel and exposure, poorly fed, and almost destitute of clothing. There were nineteen deaths out of twenty-one cases, which were undoubtedly due to the yet further deprivations and ex-

posure the sick were subjected to, being exposed to rain, the hot sun in the day, and the cool air at night, having comparatively no medicines and but little foods. The cases that recovered, I consider the recovery resulted from the comforts, nutrients, and proper directing sanitation which were supplied by my mother, Mrs. Harriet Redman, which she provided after she learned of their condition.

MANY RECOMMENDATIONS.

Cream of tartar, one ounce ; boiling water, a pint. Mix. This quantity supped in about twenty-four hours, is said to not only cure, but to prevent small pox ; that it never leaves a mark, never permits blindness and always prevents a tedious lingering.

Cream of tartar increases urinary elimination and excretion, hence, removes the morbid matter from the circulation and expels it through the proper channels, and prevents the abnormal excreting of them by means of these little boils. It is doubtless effective.

It is claimed that a teaspoonful of brewer's yeast, given three times a day, in a little water, given throughout the disease, will cure nearly every case without leaving a mark. This is doubtless due to its eliminating property, as brewer's yeast is said to increase the urinary and alvine excretions.

The history of medicines mentions the use, in olden times, of red bed clothes and red curtains to protect the patient from the sunlight, in the treatment of small pox. The same was tried in late years by Dr. Finsen, a physician in Denmark, with the result that there came no suppuration, and the danger to blood-poisoning and disfiguring scars was diminished. Two physicians in Norway, followed his example with similar results. This information was gained from an article in the Medical World, July 1897.

In 1892, in the small pox epidemic of Gainsboro, Mr. Andrew is reported in the Homeo. News, to have said that the first to suffer were the well vaccinated persons. Twelve unvaccinated, and forty-five vaccinated were attacked. The deaths included one unvaccinated, four once vaccinated, and two twice vaccinated. The highest death rate being in those vaccinated.

Edward Hines, in Liverpool Herald, stated that one ounce of cream of tartar, in a pint of boiling water, permitted to cool, and drank at intervals, will cure the worst cases of small pox in three days, and will not leave a scar or mark, never cause blindness, or lingering.

VACCINE DISEASE.

Cow pox, vaccine disease, blood poison consequent upon inoculation with other poisonous virus, frequently proves serious, as well as sometimes fatal. I have noted that in these cases the shot-like manifestations were absent, vesication and suppuration presented, also enlarged tonsils, enlarged glands in the groins and in the arm-pits—in one case the patient was confined to suffering for more than six weeks, and the arm was disabled for near three months.

The treatment of these cases must be administered before a case develops—and consists in prohibiting the vicious pollution of the human body by the inoculation into it of the vitiating means for its destruction.

CHICKEN POX.

Another eruptive, suppurating manifestation is sometimes met, usually exhibiting among children, and called by several euphonious names, as chicken pox, swine pox. It differs from small pox in that it does not confine to the follicles of the skin. While it is destructive to tissue, it seldom leaves scars.

This disease, like all of the eruptive suppurative manifestations, exhibits in those persons of "bilious," debilitated and atonic condition of body; and its premonitory symptoms the varying chill sensation ushering in the immediate onset. It rarely manifests over the body, usually confining to the head and face. Though there is restlessness and disturbed sensations for some time before its appearance, the chill and fever are the most marked symptoms and may only precede the eruption two or three days.

Sponge-bathe the body every day, using the water hot and using plentifully of castile soap. Then rinse with the following: Take glycerine and water, of each two ounces; tincture of benzoin, two drachms. Mix. Should any sores become deep seated or unduly large, cleanse as above directed, and apply the salve or ointment directed in the treatment of carbuncle.

Take sulphur and cream of tartar, of each, a teaspoonful; podophyllum P., fifteen drops. Mix, and pour upon it a pint of boiling water. To children from three to seven years old, give this quantity, by having it supped occasionally, in sixty hours. Larger quantities for older children.

DRUG, OR MEDICINE ERUPTIONS AND DISEASES.

The question is frequently asked, "Do medicines make people sick?" Yes, there are some medicines that not only make people sick, but create a continuous disease. Mercury will not only produce a scarlatiform eruption, but suppuration of the glandular system of the body. It will destroy the digestive organs. It will destroy your teeth. It will create a continuous recurrence of "stomach troubles." Follow up the taking of mercury, calomel or any of its family, by taking quinine and iron and you will have a boom in a boil crop, enlarged tonsils

and sore throat. I have seen the most aggravated cases of the disease called erysipelas, that were a crop of eruption caused by the administration of calomel, quinine and iron, causing confinement to the bed from two to three months.

Quinine will cause eruption over the body; it will cause deafness, defective eye sight and total blindness and insanity; it will poison, it will cause rheumatism and cripplement from it.

Morphine, in *all cases checks secretion and excretion, lowers the vital energies, destroys digestion and assimilation, hence, favors progress of disease and hinders recovery.* Morphine administered even in very slight sickness can by locking up the secretions and excretions—the bowels and kidneys, and skin action, prolong the sickness for weeks, and even extend it into typhoid fever, and death. Better stay with the molasses-and-sulphur physic and the soot teas. And there is a multitude of medicines that the human family would be the better for their non-existence, and the money invested in them would be better spent if bread and butter was obtained for it instead of the medicine.

SYPHILIS.

Syphilis, or "big pox," as it is sometimes called, is a condition of blood poison caused from vicious sexual habits, its severity being augmented by intoxicating drinks, morphine, the use of tobacco and other filths.

It originated in the human animal; the testimony of experimenters is that other animals are immune from this loathsome disease—not even being susceptible to its virus by inoculation.

There is no one type of disease affecting the human family so widely disseminated. This has been effected either by direct

inoculation, or by inheritance, or both, greatly aided by vaccination.

The date and place of its first appearance among the human family cannot be correctly ascertained. The disease described in the third book of Moses, and called *leprosy*, is doubtless the same disease known as the syphilis of today. It may have existed at an earlier date—probably its origin and existence was one of the causes that provoked God to “repent that he had made man,” so soon after he made him.

It is confined to no one climate, and is widespread among almost all nationalities of people. It is related that Australia, the Sandwich Islands, and most of the islands of the Pacific coast were free from it till introduced there by white people. It is the self-same disease, and manifests from the same causes the world over, whether called syphilis or leprosy, differing only in degrees of severity.

There is no disease that afflicts the human body that so thoroughly and so destructively permeates every fiber of the body with such corrosive effect, and is also so destructive to mind, as this disease. There is no type of disease, of which I have either seen or read of its destructive power, that is so much to be dreaded as syphilis—none that is so difficult to eradicate from the system, none which presents such a variety of manifestations in its destructive work, none so loathesome; none which so degenerates and degrades its victims, none that leaves such wreckages marking its tracks of travel.

In addition to its alone destructive virus, it augments and intensifies the severity of various other types of disease, as sore throat, tonsilitis, pulmonary consumption, rickets and scrofula, also wounds, surgical operations, and parturition may be complicated with it, preventing recovery and leading to death.

Miscarriage and abortion may be due to syphilitic infection; it may affect the nutrition of the child in utero, causing it to be feeble and shortening its life, or lessening its vigorous development; or it may accompany the new being into the world early marking it with visible raggedness of rotting flesh, which must end in a short existence or continue life marked with its decrepitudes. This poisonous virus is not satiated when having consumed the flesh—it yet feasts on consuming bone and marrow.

Its destruction though extensive and intensive, may apparently check its destructive work, but often only seems to have stopped to “catch breath” as it were, and to lull suspicion of its existence, thus remaining quiet for some time, then transmitting its virus to an innocent victim in an offspring, or infecting an unsuspecting companion.

And yet, notwithstanding all its terribleness, how its development is courted and what royalty is paid for its possession! There is but one cause of syphilis, and that is the absorption of the virus into the blood and its diffusion throughout the body, and this may be by inheritance or inoculation by contact. Some authors consider one attack of it as immunity, from another attack, (which in many cases is doubtless true, from the fact that very many cases never get well or cured of it, hence *another* attack has no trial chance for appearing), but there is much ground for difference of opinion. That there may and do appear other attacks, or that at least the largest number of cases supposed to be cured are not cured, or there is susceptibility of numerous attacks, is unquestionably evident.

The centers of population—large cities, where the advantages of intellectual and christian enlightenment are supposed to be most diffuse, are supposed to be where enlightenment is the

easiest obtained, and from that standpoint might be supposed to be freerer from its contamination, are almost without exception, hot-beds for its propogation.

When introduced into the human system it rapidly permeates it; just how soon the absorption takes place is not correctly known, nor the length of time of the incubation. This period is marked by fever and increased malaise.

The modes of communication are the discharges from the lesions, or secretions of any and all kinds, as saliva, sweat, milk and semen. The virus may be conveyed by sexual intercourse, inheritance, by kissing, by vaccination, and by handling articles that have been exposed to the virus.

Its early manifestations are generally distinguished by a sore or sores upon the genital organs, where the affection first enters the system (unless inoculated at some other part), these sores usually being called chancre. They make their appearance on the labia, vagina, urethra, and sometimes on the neck of the uterus, and in the groins in the female; and on the scrotum, urethra, prepuce, glands and groins in the male. Or other parts may imbibe the virus, as the hands, sores, scratches or any abraded surface on any part of the body, the lips, the tongue, nipples, etc.

The disease continuing, it soon involves the entire system, as is evident by the crop of ulcerative sores appearing all over the body, the enlarged and ulcerating glands in groins, under the arms, and tonsils, enlarged liver and spleen, the lung disturbance, the aching limbs, and aching joints, the caries or rotting bones, the loss of hair, impairment of voice, and general break-down of the whole system.

The manifestation called *hard* chancre, exhibits a knot-like appearance, (especially discernible by touch) varying in size from that of a pea to that of an almond. They are usually

painful, sluggish to evacuate, begin discharging at the top or point and continue hard at the base for some time.

A condition called *gonorrhea* appears, which consists of an inflammation of the vagina in the female, and the urethra in the male, followed by a muco-purulent discharge, a discharge resembling mucous and pus. It irritates and excoriates other surfaces with which it comes in contact—inoculates the disease in other subjects or parts.

Of all the diseases that should be quarantined, syphilis is *the one*.

The first prime requisite in the treatment is, isolation from contact, and thorough cleanliness. From once to twice daily, thoroughly wash the body with water and the free use of castile soap should be administered in cases of severe manifestations. If there are only small pimples on the body, after the washing, rinse with a mild solution of borax. To sores or pimples of much size or angriness, in addition to the above treatments, apply the salve or ointment directed for treatment of carbuncle in this book, and cover with a bit of unwashed cotton and confine the cotton in place by adhesive plaster.

In conditions of suppuration of the throat and tonsils there is nothing more effective or safer for local application to these parts than the following: Take spirits of turpentine, spirits of camphor, essence of peppermint and olive oil, equal parts. Mix, and apply to the parts by means of a mop-swab, making a pressing, wiping motion with the mop-swab between the tonsils and as far into the throat as can well be reached. Applying this remedy by spraying it into the throat is an easier method of application and requires but little skill in executing, yet the desired results are not obtained thereby.

If the inflammation has not advanced to suppuration, this remedy applied over the region of the tonsils on the surface of

the neck, or on the enlarged glands in the groins, and if applied freely will disperse the swellings, aided by the constitutional remedies I will soon direct.

The treatment for extensive sores on any parts is effected by thoroughly washing the parts as above directed for the baths and applying the salve (the soothing ointment) before directed to the sores.

Should the part be sluggish to disperse, or to evacuate or cleanse out, as is sometimes the case in the manifestation of hard chancre, they must be touched with a mild solution of caustic potash and a plaster of the salve immediately applied. The writer has never found it necessary to make but one application of the caustic potash to the same chancre. This caustic application must be made quickly, care taken that it touch only the tip or point of the chancre, and the ointment immediately applied.

The conditions of gonorrhea, in addition to the constitutional treatment I will soon direct, usually disperse from the following treatment: In conditions of great severity take a *hot* water sitz-bath twice daily. In mild attacks once daily will serve. To two gallons of the water used for this purpose, add half an ounce of spirits of camphor (in that proportion). This is effective in allaying the inflammation, even should there be much swelling about the parts. Four to six parts of water and one part of spirits of camphor, mixed, forms an unequalled remedy for injections in gonorrheal conditions; the only undesirableness of it is that for three to five minutes it imparts an intense burning sensation. But this is immediately followed by a most desirable sense of soothing relief, and great reduction of swellings and inflammations from the parts, and but few treatments are necessary to remove the inflammations and swellings.

Golden seal, a heaped teaspoonful, and boiling water, a pint, mixed and let remain hot for ten minutes, then strain it and add one grain of sulphate of zinc, makes a most excellent injection for these afflictions. Use once daily.

A tea made from the *arbor vitæ*, has been recommended for injections. For constitutional treatment or effect, the following is sufficient in whatever manifestation the attack presents, or whatever degree or progress it may have made, except where the reparative energies are completely destroyed: The capsules (see remedies in this book), (or the powder, also see remedies, taken without putting it in the capsules) taken to produce vigorous biliary alvine action at first, then sufficiently frequent to continue two or three free alvine dejections daily, and continuing for sometime will give the curative effect. Or, the following is also effective: Take glycerine, and simple syrup, of each, three ounces; tincture of buchu, half an ounce; fluid extract of cascara, aromatic, two ounces; and podophyllin, two grains. Mix, and it is ready for taking. A teaspoonful, every three hours till free alvine action is seen, then continue as above directed.

TREATMENT.—BRIEF, BUT SUCCESSFUL.

In the treatment of gonorrhea there is no medicine that equals hot water for local application. Sitz-baths and injections per rectum are the preferable mode of administering it for males, and the sitz-baths and injections per vagina, or both, for females. If the case is severe, this treatment may be given morning and evening. To receive the benefit the water must be hot as can be borne, and continued so during the time of the administration, which should continue ten or fifteen minutes.

Take the remedies above directed as above directed. By this treatment the discharge stops in a very short while, its

purulent nature is immediately dispersed, chordee and stricture are prevented and removed, and restoration to health is speedily effected.

This treatment is alike effective for both male and female. The uretha may be flushed in the male, but is not necessary.

LEPROSY.

But little light can be obtained upon the origin of leprosy. It is confined to the human family, and appears to have been prevalent in the time of Moses. It is not claimed to be prevalent in the United States; but it is always another man's farm that has milk-sick on it.

It is considered a loathesome and contagious disease. From the light I can get from the description of this disease in the Bible, what I can get from medical literature, and from my own observations of the disease well known in the United States as syphilis, I consider it the self-same disease; severities being modified or increased in both by similar influences. Certainly the tracks of both are very, very alike.

TO STOP THE TOBACCO HABIT.

Prickly ash bark chewed in place of tobacco, dispels all desire for its further use either for chewing or smoking. This would permit the mouth being a decent receptacle for food, instead of perverting the use of the mouth into an excretory outlet, an exit of filth, with which to salivate church floors, public halls, office floors, and sidewalks, carpeting them with slush, and, last but not least, the filling of garbage receptacles in the home dwellings—for wife and daughter to scavenge—too filthy a task to impose upon any human beings but the ones who make it.

CONTAGIOUS DANGER.

In regard to the time during and after, the progress of the contagious diseases in which there is danger of infection, and also the incubation, varies much with the prevailing *fashion*, that appearing to modify the danger. However, the substance of opinion is about as following: Diphtheria may be expected to manifest in from two to seven days; typhoid fever, from eight to fourteen days; small pox, from nine to fifteen days; mumps and rubeola, from two to three weeks, after exposure, and, with variations.

The matter seems a little muddled, and the situation is somewhat like the young girl with visiting companions and whose mother noting her little daughter's silence, called her attention to the fact, when the daughter replied that she "did not know what to say." The mother told her that she "must say something, if it wasn't so smart." And as the "varmint" that plays the mischief in manufacturing these manifestations of disease—is kept "hid in the wood pile," the "saying something if it is not so smart" fills the vacancy.

CONTAGIOUS DISEASES.

Much mysticism hangs about the largest number of those manifestations of disease called contagious, and this is probably largely due to the fact that so little is known about them that the downy mantle of mysticism fits the dummy best.

Measles, scarlet fever, small pox, whooping cough and mumps, leading diseases classed in this line, admit of much especial study and investigation. To say that a thing "is so because it is so," without sensible facts to show that *it is so*, has ceased to satisfy intelligent people, and the question is so frequently asked "What started the *first* case?"

The fact that more than one case appears in a family or district is not conclusive evidence that any type of disease is

contagious. That which influences the health of one member of a family is likely to influence the health of more than one member, and either member is just as likely to be the *first* case as the other, and any or all are quite as likely to be attacked; also, the same is true of a district or community.

The fact that the above types of disease, except small pox, chiefly confine to early childhood, is somewhat convincing that the manifestation is chiefly or primarily due to some physiological condition or change in the bodily economy incident to that period, and is not due to contagion. Why such condition should exist the writer does not pretend to be able to understand nor explain; but, notwithstanding this, there is much more intelligent evidence in favor of the writer's convictions regarding the true situation than there is for "contagion."

These subjects are engaging seriously the minds of many of the intelligent class of people. Schools are disrupted, communities excited into such frenzies of fear, and in many cases sufferings are imposed upon people even to the endangering of life, with nothing of adequate betterment. The sanctities of the home are destroyed and personal control of body is wrenched from individual people, and they are persecuted with impositions of one degenerate type or another till the persecution has out-Pharoahed Pharoah. The impositions practiced upon the people in vaccination, inoculations, and like persecutions, promising prevention or cure of disease, give worse disease and destruction of life and health than the plague ever did when left to "run." It would be far more sensible to give these sufferers a piece of bread, soap, a bit of shelter, and clothes for cleanliness and comfort. And our wits would be but little taxed to discover some remedy to cure the "contagious" diseases.

ITCHING IN THE HANDS.

There are cases met of itching in the hands, becoming almost unbearable at times, becoming the worst at evening. The itching appears to extend into the periosteum. It confines chiefly to the fingers and the inside of the hands. While the paroxysm of itching is on, it causes the patient to feel quite nervous. Scratching as in ordinary itchings of the surface of the skin, gives no relief, rubbing with pressure on a hard object or surface serving best. A severe attack is very prostrating if not relieved in a short time. When recovery from the attack begins, the skin begins to peel off as if it had been blistered; this whether local treatment has been given or not.

The writer has succeeded in curing this annoyance with the following treatment: Bathe the hands a few minutes with hot water, dry them and apply the following: Put one half of a pint of pure apple cider vinegar in a bottle and place in it a copper cent, and let stand for half a day, when it is ready for use. Pour a teaspoonful of this preparation into the hand and wash it, or rub it all over the hands. Usually an evening treatment every day is sufficient. Relief manifests from the first, and a cure in a few days.

In addition to this treatment I have had the patient take a tablespoonful of the cascara mixture which contains podophyllin, named in this book, every night till recovery was well advanced.

MILIARY FEVER.

An eruptive symptom occasionally exhibits, presenting vesicles about the size of millet seed, the skin previously becoming rough, and accompanied by a prickly itching sensation, acid perspiration and offensive odor. It may manifest with fever of any type, or following fever of any type, and the eruption may be even quite large.

It is due to a morbid constitutional condition, when exhibiting among parturient females, which it frequently annoys. Its promotive cause is augmented by the system not having been aided by proper medication to eliminate the detritus of the system consequent from the taxations of gestation, and the ordeal just passed through.

The hot water sponging of the body, daily, and a moderate laxative given, is usually all that is necessary. Soda, sufficient to make the water slippery, should be added to the bath. Salts sometimes serves the necessary laxative purpose, or, a dose of the anti-bilious physic. Also the capsules or powder (see remedies in this book).

NEGRO CACHEXY.

A type of disease named the above, exhibits, or is said to be confined to the colored people, but cases are met among the white people. The manifesting symptoms are great debility, unwillingness to attempt to perform labor, drowsiness, depression in spirit, indulging in grief manifestations, crying from no accountable cause. The condition is quite similar to hysteria.

It exhibits among any persons, and arises from being subjected to unpleasant environments, bad treatment, breaking and keeping the spirits depressed, and prolonged over-work, and deficient and improper food. Indigestion, emaciation of the body, loss of strength, sometimes dropsy, tonsils enlarged and frequently suppurating, and the excretory functions deranged, usually manifest.

The patient must be placed in comfortable and agreeable surroundings, provided with wholesome and nutritious food, and permitted rest. To the hot water used for the daily sponge-bath, add to a gallon of the water used one drachm of

tincture of capsicum, and two tablespoonfuls of aqua ammonia. Give a capsule (see remedies in this book) at night just before retiring, to promote active alvine excretions every day.

SOMETHING FOR NOTHING.

Some individuals' broadest smiles are only provoked by free gifts, who when required to pay value received for the *needs* of life, are suddenly affected with *atrophied smiles*. For the especial benefit of these, here is as near something for nothing as can be very well practically obtained. If the blood is impure, eat onions. If you are bilious (and this class generally are), eat onions. If your complexion is spotted and blotchy, eat onions, and the unsightly disfigurements will disappear—if you will eat enough of them. If you have pimples and boils, eat onions. If your bowels are obstinately constipated, eat onions. If you are troubled with wakefulness, eat onions for supper and you will sleep lovely—but keep your face toward the wall looking out of the window. If you have dyspepsia or consumption, let onions be your first course at the dinner meal. If you have asthma, *don't neglect a liberal use* of onions as a diet. This medicine serves best when boiled well done and served with a little butter, salt and black pepper, the salt preferably being cooked with onions. If you have any distress in the stomach eat onions. If you feel ill natured, are cross, crabbed, and snappish, or afflicted with rheumatism or gout, eat a large garlic bulb every night before retiring. If the above two courses of food are followed by a bit of parsley, the *unpleasant accompaniment or consequent*, will not be recognizable in a very few minutes thereafter.

Parsley is an elegant deodorizer of the above articles of foods, and in addition, the curly variety, placed in a suitable container, forms a not unsightly decorative adjunct to the din-

ner table, and may be suitably placed near the tooth pick containers. The parsley is of easy culture, and it may be easily grown in a flower pot as a window plant in winter, and transplanted to the garden, if you have no garden it is by no means unsightly in the yard.

GOITRE.

This is a manifestation of disease in which the thyroid gland enlarges in greater or less degree. The disturbance has been attributed to some peculiarity of the drinking water in some special localities, as mountainous districts, and magnesian lime districts, but the evidence is lacking to definitely determine such to be the true cause, as many who inhabit these districts are unafflicted with it. Scotland, Ireland, Norway and Sweeden are said to be comparatively free from it, although mountain lime-stone is found in their geological formation. It is said to be unknown in Greenland and Lapland. The fact that numerous cases have manifested among soldiers who have marched through districts where some cases have been observed, has led to the conclusion that the affection is contagious, but such is not true.

My own observations of the causes leading to this affection, are that great constitutional disturbance accompanied by great debility, and undue excitement of the generative organs give rise to its exhibition. It has been claimed that the condition has been found to exist at birth, but such is so exceedingly rare that it is difficult to find a doctor who has met a case. The cases will be found to arise from the above causes almost without exception. It attacks both male and female. During the time I have been treating disease, I have met the same number of cases among males as among females, and the cases being of about the same gravity.

There are several types of this manifestation with some distinctive peculiarity not common to the others. The type which manifests by what may be termed simple enlargement, exhibits no special peculiarity uncommon to any other inflamed or swelled gland, and yields readily to medical treatment, and usually rapidly, especially if proper treatment is pursued soon after its manifestation.

The cystic form, which exhibits a softer enlargement than either the simple or fibroid type, usually requires a longer time for an effectual cure than the simple form.

The most serious type is the fibroid type. In this the tumor or enlargement is hard; and progressing, the connective stroma increases, and the tough band of nucleated fibrous tissue traverses the organ in all directions.

In this form of goitre, when closely overlying the carotid artery, a forcible pulsation is conveyed through the tumor, very much like an aneurism, and from manifestations I have seen exhibited, I have been led to conclude that such is the true condition, at least in some cases. The fibroid type may be spontaneous or progressive, or both spontaneous and progressive. The spontaneous variety may be of a hernial nature and also progressive.

The fibroid type of goitre is the most difficult to cure, usually requiring longer time than either of the others, especially if of long standing, as by continuing it gains great power of resistance. In fact, is very rarely cured.

Goitre rarely manifests earlier than puberty, or at the beginning of the change from boyhood to manhood in the males, and from the beginning of the transition or change from girlhood to womanhood in the females, and may manifest at any time thereafter till forty-five or fifty, rarely appearing later.

In the treatment of this disease, of either type, the system must be placed in as well nourished a condition as possible, and the excretory functions be brought into free activity. The primary dependence for the development of ophthalmic goitre is upon the existence of thyroid enlargement, both appearing synchronously as a rule, when the thyroid goitre appears. Hence the causes producing are primarily the same, and constitutionally require the same medication. Therefore the same medicines directed in this book for constitutional treatment for ex-ophthalmic goitre may be pursued in this. The writer has seen rapid reduction follow the administration of these remedies, but is not convinced that a return may not be expected in all cases when this disposition has once manifested. These two manifestations are so near allied in causes and relation, that the chief difference in treatment can only be made in the local applications or treatments.

Progressing good results have followed the application of the camphorated turpentine liniment, made by adding two ounces of camphor gum to a pint of spirits of turpentine.

Ten drops of iris added to four ounces of water, and a teaspoonful of the mixture applied over the goitre, twice daily, has been recommended, but the writer has had no experience with it.

TETANUS, OR LOCK-JAW.

This condition is characterized by great rigidity of the muscles of the jaw. The muscular rigidity may extend to any part of the body to some degree, and paroxysmal spasm may accompany or manifest during an attack. The intelligence is usually preserved. Death may occur from exhaustion, from long continued rigidity and spasm preventing alimentation, or to prostration due to long strain of nerve-shock; usually from the last named cause. It is not a disease of itself, but is con-

sequent upon some morbid condition of the system, or is due to shock.

Except when this condition is consequent upon shock from wound or mechanical injury, there is great debility of the system—frequently an exceedingly torpid condition. In cases of debility or torpid condition of the system, it may manifest spontaneously or be provoked by the patient being submitted to unkind treatment, or a strain of worry and aggravation, or undue excitement. Conditions of great exposure to cold, are thought by some authors to cause it in some cases. The writer has not seen this last named cause experienced.

Usually the jaws do not dispose to unlock without assistance. The remedy for immediate relief must be of quick action, and of a relaxing nature, that which will relieve rigidity and congestion.

Chloroform administered by inhalation by mouth, sufficient to produce relaxation, gives the speediest and most certain relief. This remedy my husband, Dr. Joseph Cobb, has used with success for years, and it is the remedy with which I am best familiar for this purpose, except hot water.

It has given success in unlocking the jaws by applying it over the jaws. A physician should always be immediately called to such cases to administer the chloroform, as it is not safe for others to attempt it. However, in the time of waiting the arrival of a physician, do not remain idle. Plunge the patient's feet in a pail of *hot* water, and apply woolen mats wrung from hot water, to the jaws, changing them sufficiently frequent to keep them hot. A hot water injection per rectum may be administered with benefit; add one-fourth of a teaspoonful of tincture of capsicum, and the same quantity of tincture of lobelia, to a pint of hot water, and also, half an ounce of glycerine, and use for this purpose. While I was a

student I assisted in caring for a case of lock-jaw, which was incident upon a wound, in which case hot water to the feet and a vigorous application of Hostetter's bitters over the jaws were the effectual agencies employed, there being no other means at hand.

After the patient has been relieved and rested for half an hour or so, give a cup of hot water to sup. In cases where it is not due to shock from wound, there should be a dose of anti-bilious physic given—or in any and all cases, in fact. These are the means of which I know to be certain, both for unlocking the jaws and for placing the patient in a recuperating condition, insuring safety from another attack. Usually no further treatment is necessary, more than a sponging of the body with hot water, daily, and abundance of quiet rest and pleasing, wholesome and nutritious food.

When the affliction is consequent upon undue worryment or undue fright or excitement, after the jaws have unlocked, pleasantly situating patient, administering a sponge bath daily, permitting plentiful rest, and supplying palatable foods, are all the treatment required, additional to the above.

PAINTER'S COLIC.

This type of colic is caused by the slow introduction of lead into the system in handling white lead in mixing paints, or handling paints containing it.

Means to remove the obstinate constipation that is usually present is the first prime need. For this purpose usually a dose of salts serves the purpose.

People who must handle paints containing white lead, should avoid as much as possible, its touching the surface of the body. It is said that those who partake of milk and other animal foods escape this annoyance.

SUN PAIN.

A headache commencing in the morning and continuing until evening, regularly every day, has been given the singular name of "sun pain," in the belief that it is in some way due to the influence of the visible presence of the sun. A pain commencing with night and continuing through it, may just as sensibly be called a moon or star pain. This type of headache, however, does not always begin with sunrise and quit with set of sun, but may begin any time, day or night, and quit the same. Its periodic return is due to the same cause that periodicity is due to in sicknesses generally, and this is not well understood. The headache, in its first onset especially, is chiefly frontal, and there is usually more or less nausea, and the bowels are not unfrequently constipated.

Fluid extract of bryonia, five drops; water four ounces. Mix, and if the pain is severe give a teaspoonful every half hour for two or three hours, then give a teaspoonful every two hours during the day. Relief from pain is usually experienced in a few hours.

The following should be given sufficiently often to promote two or three alvine dejections daily: Take glycerine and simple syrup, of each one ounce; fluid extract of cascara, three ounces; cinchona cal., one drachm; essence of peppermint, half an ounce. Mix. Give a tablespoonful as often as necessary. This dose is for an adult. Smaller doses for children, proportionate to age.

A teaspoonful taken half an hour before meals for three days, then a tablespoonful taken just before going to bed at night, as often as necessary to produce the above results, is a good mode of taking it, and gives the good result of the cure so much desired.

FROST BITES.

If it is possible bathe the affected parts with very cold water, (that fresh taken from the well is the best) before permitting them near artificial heat. Immediate relief is obtained, and there is seldom need for further treatment. The writer had considerable experience with this method of treating frost bites, in earlier life while teaching school. Many times children were sent to school in cold weather, long distances improperly wrapped, and would arrive at school with ears, hands and feet stiffly frozen.

For applications to frost bites that have not been treated as above, the following gives excellent relief: Take olive oil, aqua ammonia, and spirits of turpentine, of each, two ounces. Mix, and apply frequently.

The following also serves excellently: Take spirits of turpentine, one ounce; aqua ammonia, half an ounce; and as much camphor gum as the above turpentine will dissolve. Mix, and apply freely. Poulticing the part, in many of those persistent itching cases, till suppuration takes place, is the only method the writer has found that relieves permanently. Two grains of sulphate of zinc, added to a pint of water, and a portion applied two or three times daily, relieves some cases.

If an individual is apparently frozen to death, efforts must be made to bring relief. If the body is badly affected, an uncontrollable disposition to sleep comes on, which is likely to terminate in death, especially if not prevented from yielding to the disposition. Cold water or snow may be applied as in the above cases, but it must be done very quickly, and immediately followed by rubbing briskly with a woolen fabric. Drinks, tea or water, as hot as can be swallowed without burning, should be given freely, and the patient well wrapped in woolen fabric.

“BLACK DEATH.”

“Black death,” also called “black tongue,” is a name given to a disease that was said to manifest among a caravan from Central Asia that arrived at Constantinople, in 1347. It was reported to have been exceedingly fatal, not one in ten recovering. Its cause was attributed to filth, and its chief breeding place was placed among the wearers of untanned pelts.

The immediate onset was ushered in with a chill, followed by exalted heat and profuse sweating; soreness of the muscles appeared and lumps under the arm-pits, and in the groins, buboes. It was said to be contagious and spread rapidly.

It is evident from the description of the disease and the report of its immense fatality, that the physicians knew nothing of either its cause, nature, or how to treat the disease, and the name given to designate the disease would put one to guessing whether that age, or this age, was, or is, the “dark ages,” as the name seems scientifically so modern.

There is no doubt that the disease given the above name, was a general prostration, consequent upon prolonged travel and improper foods and constantly seeing new views, instead of a contagious disease. In addition to the above depressing factors, the condition was doubtless augmented by unhygienic surroundings or environments, and doubtless unsanitary habits.

Every soldier who has been on a long march, no matter how well he may have been prepared for the journey, well knows its exhausting effects; and, if anyone would desire to know the exhausting effects of simply constantly seeing new views, take a position where the eye can look upon a constantly changing panoramic view. The first effects will be found to be exhilarating, but continuing a degree beyond this, the effect will be found to be extremely prostrating, and carried to a great extent without relief, as in the case of monot-

ony, cause death. Probably rest, comfortable environments, and wholesome foods would have cured many, especially those whose vital forces were not exhausted to their limit of endurance. But we hope that disease under the above caption is obsolete.

CHLOROSIS.

The manifestation of ailment called "green sickness" (there is no accounting for names for sicknesses when science gets to naming) is a morbid condition in which the system manifests sluggishness, torpidity, accompanied with more or less prostration. There may be some bloated appearance about the face, hands and feet, or, it may extend all over the body. The excretory functions are not well performed, and the system is badly nourished. There is disposition to inactivity, melancholy, despondency, occasionally becoming so gloomy as to sigh and shed tears for no accountable reason. The involuntary muscles are sometimes affected with convulsive movements or twitchings, as of the fingers, in the muscles of the face or other parts of the body. When this last named symptom manifests the disease is called St. Vitus dance, chorea, and epilepsy.

In the general characteristics of the types of disease or ailment, called chlorosis or green sickness, St. Vitus dance, chorea and epilepsy, the conditions and causes are so identical that it requires high specializing to draw a line of difference.

The first necessity is to establish excretion by rousing the liver to proper activity, and to promote nutrition, supplying sufficient wholesome nutritious foods, daily exercise in outdoor air, and plentiful sleep in the natural time for sleep—night. Dissipating habits must be stopped, as drinking intoxicants, chewing tobacco, losing sleep at night, and sexual excitations however produced. Wholesome mental occupation must also be provided.

In addition to the above, the mixture directed in the treatment of uræmia, that contains podophyllin and cascara, may be given as there directed. The hot water baths taken from every other day, to twice a week, are invaluable. The parts especially affected with the twitchings or nervousness may be bathed several times a day with benefit, using the water as hot as can be borne. To the water used for the spongings and baths, the following may be added. Spirits of camphor, essence of peppermint, and glycerine, of each, three teaspoonfuls, to half a gallon of water used. This quiets nervous excitation, removes soreness and promotes the circulation.

CRAMPS IN THE FEET AND LEGS.

Cramps in the feet and legs are due to a feeble condition of the system—to feeble or obstructed circulation.

Add tincture of viburnum, five drops, to four ounces of water and give a teaspoonful of the mixture every hour. From three to five doses usually give relief.

If the paroxysm is intense give one drop of the tincture of viburnum in a teaspoonful of water; if relief is not well marked give another drop in the same way in thirty minutes, and then continue the other mixture every two hours so long as necessary. Hot applications should be applied to the feet. A betterment of the general health must be obtained.

The bottoms of the feet bathed with spirits of camphor, also gives relief when the attack is present.

Sufficient rest in the recumbent position must be taken. The feet bathed in hot water aids very much in procuring betterment.

A dose of the Garfield Tea taken every morning before eating anything, for three mornings, then a dose every second to

every fourth morning, places the circulation in good condition in very many cases.

In cases of greater severity, or when there continues a disposition to return, the mixture containing podophyllin and cascara, directed in this book in the treatment of uræmia, may be given as there directed, with the good result desired.

Or the capsules (see remedies in this book) may be taken, or the powder without being placed in the capsules. These are to be taken with the same frequency as the above cascara mixture.

STAMMERING.

Stammering caused by a defect or deformity of the anatomy of the speaking organs is not frequently met. The chief factors in the cause of this affection are frights and emotion. The male sex are more frequently affected with stammering than females, which may be attributed to the fact that females are less subject to violent emotions. The greatest majority of cases may be overcome by reading aloud. Another valuable aid in overcoming this fault is habituating the affected person to talk while standing. In very young children watchful prompting will eradicate it.

DEFORMITIES.

Various deformities are met, and their existence is attributed to various causes. When they are congenital, from perversion or defect of nature to correctly complete her work, there is comparatively little hope for betterment. Surgery and surgical appliances, however much they promise, leave many very miserable failures to mark the path of her work. It is an evident fact that very many of the short-comings of nature are easier endured and reconciled to, than many of the mutilations of surgery in attempting to rectify them.

There have been some cases of curvature of the spine, lateral curvature chiefly, benefited, but like all defects of nature, no art or science can remove these morbosities and make the subject perfect.

If treatment is properly given in very early life, better results may be realized than can probably be looked for in later life.

Various corsets, braces, and fixations have been used for this purpose with varying degrees of success and failure—many failures. Ambrose Pare in 1597, used a steel fixture; in 1698 Van Nuck used a suspended apparatus, which seemed to have been of some utility, being somewhat used yet. In 1700, Heister devised a support which was thought to have some desirable features, and various other contrivances have come into existence, each claiming some superiority over its predecessor. Whatever might be purchased in these lines, should a case present, it would be advisable to seek medical counsel in person.

With the best achievements obtained in this line of work, there are very many cases that no substantial betterment can be looked for, and one would better take the shekels spent in seeking remedial aid in the very largest number of cases, and devote them to the placing of the subjects in the best comfortable position to enjoy life with the infirmity they must bear.

LOCOMOTOR ATAXIA.

The above appellation is given to a condition affecting the human body, characterized by the loss of the power to control the voluntary muscular movements. It is generally considered to be due to a morbid condition in the spinal cord. Its causes are not well understood. Doubtless much of its cause is congenital, especially when manifesting in early life; injudicious habits may favor its development, or it may be due to morbid condition of the health, or sequela to some severe disease.

Various symptoms exhibit in the beginning of this affliction, and those generally first manifesting are unsteadiness of gait, dizziness, a sensation as if going to fall, a heavy numbness of the feet, this sensation extending to the hands and arms; darting and shifting pains, disordered digestion and nutrition, and disordered excretions.

To expect any betterment proper treatment must be begun in its first inception, or manifestation. The first proper treatment consists in placing the general health in the best possible condition. Normal secretion and excretion must be established, and a healthy nutrition promoted. The patient must be protected from cold and wet. Plenty of nutritious foods must be supplied.

The following tonic preparation serves a kindly purpose in promoting digestion and assimilation: Take tincture of wild cherry bark, two ounces; tincture of gentian, one-fourth of a drachm; tincture of golden seal, one-fourth of an ounce; tincture of prickly ash berries, two ounces; sweet spirits of nitre, one ounce; and glycerine, six ounces. Mix. Give a teaspoonful of the mixture three times a day. Give a capsule (or the powder without placing it in the capsule), as directed in the article on remedies in this work.

OLD AGE.

Old age may come to any, all expect it; all should prepare the comforts and needs for it while the vigor of body and mind can be expected to be capable of activity so essential to do so. With numbers of years comes physical and mental feebleness, more with some than others, but no one knows whose lot will be complete inability to look after our temporal and mental welfare when our years have out-run our strength.

With the snowy years comes the failure of eyesight, of hearing, of memory, depriving us of calling up the records of the

past and associating them with the present; tastes decline, our desires for friendships weaken, the vim of impulse fades, and an all-let-go of life, its environments and possibilities, takes possession of our very being.

These remaining in the bounds of the usual line of progression need not be wholly unpleasant to ourselves and associates, but as with these may associate a morbid perversion, *senile dementia*, which in addition to making us of neither utility nor pleasure, and incapacitating us to sensibly choose our surroundings, but makes many feared and repulsive.

Large persons, in advancing and advanced age, of sedentary habits, or habits of inactivity and hearty eaters, stand a very fair chance of dying suddenly of apoplexy, or so-called "heart failure." Reasonable exercise is wholesome and conducive to good health in all periods of life, and it is not at all the least so in advanced age. It aids in ridding the system of effete and unused materials, and greatly aids in retaining its equilibrium.

The approaching of undue largeness over the body, or more largeness than has been the usual habit of the body, the over-enlarging of the abdomen requires attention. These are, as a rule, due to developing abnormality, and the condition can and should be restrained and kept within the natural bounds.

A remedy that is not unpleasant to take, and is not disagreeable in its actions, is Garfield Tea.

HELPFUL SUGGESTIONS FOR ELDERLY PEOPLE.

Many elderly people are prone to pruritic (itching) annoyances, though no well defined skin disease exhibits. This is due in part to improper care of the health, to improper eating and to neglect of baths, and in part to the system's adjusting itself to the final yielding up of life; and further on

account of parts in the body's structure here and there, having served their purpose in the bodily economy and being dead, are retained in the system to become irritating factors because of the lack of vital energy to properly perform the function of excretion.

Many in advanced age are disinclined to wash and bathe the body and parts, a habit which contributes to many unfavorable developments, making their own existence miserable, shortening their life, as well as making their presence undesirable. Frequent washings of the entire body, in addition to the pleasantness of cleanliness, when hot water is used, give the entire system a wholesome sedation and a great degree of betterment, followed by improved condition of mind.

The excretive outlets of the body should be washed every day in any age of life, but especially so in the advanced age, and by persons of sedentary habits. The adjacent parts of these outlets may become irritated by cutaneous exudates, and in advanced age when the functions of the body are feebly performed, due to failing vigor, and in persons of sedentary and sluggish habits, the natural cleansings of these organs are partially or imperfectly performed, and the washings are a necessity to produce even comfort.

The hot water sitz-bath is exceedingly beneficial to elderly people, aiding greatly in preserving tone to the urinary and intestinal organs. Hot water injections per rectum, taken twice weekly, by elderly people, prevent a deal of unpleasantness.

Many aged people suffer from alternate attacks of obstinate constipation and diarrhea, also vomiting bile or bilious matters, urinary organs disturbed, and a suggestion of fever. The following serves the goodly purpose desired: Take cascara aromatic, two ounces; glycerine, two ounces; sweet

spirits of nitre, half an ounce; tincture of buchu, one ounce; simple syrup, two ounces. Mix. Dose, a teaspoonful. A dose taken three times a day, for one to three days, removes the annoyances and kindly restores to healthy condition, in many of these cases. In severer cases one grain of podophyllin should be added to the above, and three doses may be taken, each three hours apart every third day till recovery is progressing.

Tincture of aconite, five drops, added to four ounces of water, a teaspoonful of the mixture taken every three hours, for a few days, will allay fever and nervousness.

Nux vomica is well adapted to the needs of aged people, especially in cases of occasional headache, nausea, nervousness, and in some cases of constipation.

Add five drops of tincture of nux vomica, to four ounces of water. A teaspoonful of the mixture taken every three hours, for three or four days, will disperse many of these attacks.

For scalding and burning sensations accompanying the passage of urine, for immediate relief take the following: Acetate of potassium, one teaspoonful; water, four ounces. Mix. Take a teaspoonful every four hours during the day, till recovery. Seldom more than this quantity is needed. Occasionally some of the severer types of this annoyance will not disperse easily, and even when once dispersed, dispose to return again soon. For these cases give a capsule (see remedies in this book) every night for two or three nights, or longer if needed. One taken every third or fourth night, till three or four are taken serves well enough, for many over sixty or sixty-five years old.

As the senile decrepitudes are coming on there is a disposition of the system, in many cases, to lose as it were, the equanimity of its mineral and animal constituents, and much of the regularity of the various functions of the economy of the body,

the activities becoming more feeble. In many respects sensibilities are increased, in others decreased. The sense of taste becomes modified, or changed, in some cases so marked that the persons have thought the foods were improperly cooked, or that there was some special or peculiar change in the articles of food depriving them of a flavor they had formerly possessed. This change is only due to the change in the person, to that failing going on within the body's self, to a letting lose of life, its tastes, its desires, its all, the hold upon all that is embodied in that which makes up life, becoming weaker and weaker.

Some special care or attentions can make this decline a degree of pleasantness, not otherwise obtained, as well as deprive it of many annoyances, or prevent them from being so keenly felt.

Protections from exposures, both from inclement weather and unpleasant social surroundings are essential to both comfort and happiness. Many things that are comparatively unimpressible to the young, are very keenly cutting to the aged. Many persons who die apparently from old age, die from the above causes.

The aged should be supplied with abundance of well matured and well ripened fruits. Fruits greatly aid in preventing the undue earthy and calcareous deposits, that are prone to appear in advanced age, causing a variety of distresses. They also lend a great degree of comfortable feeling that is not imparted by greasy foods.

Sometimes there are enlargements manifest about the external urinary organs, reaching, in some cases, to the extent of apparent inguinal hernia, the protuberance sometimes extending to considerable size. There is frequently associated with this cramps along the lower limbs. The hot water sitz-bath alone very frequently disperses this morbid condition.

When this condition manifests, if there is much severity, the hot water sitz-bath should be taken morning and evening. Once a day in milder cases will be sufficient.

The hot water injection, per rectum, taken once a day, is invaluable in these cases of disturbance, and may be used in addition to the sitz-bath.

And, in cases of much severity, or when the annoyance disposes to disperse slowly, the recovery is greatly hastened by giving the patient the mixture containing podophyllin and cascara, directed in the treatment of uræmia in this book, as there directed; or, in addition to the injections and sitz-baths, a dose of anti-bilious physic, as the first medicine given, hastens a rapid start to recovery better than any other remedy. After this, give the cascara mixture sufficiently frequent to keep up two or three alvine dejections each twenty-four hours. Usually a tablespoonful or a teaspoonful of this mixture, taken every night at bed time, or every other night, will accomplish this, and, in addition to the above effect, it produces a general betterment throughout the system.

Any one can use or give the above remedies and treatments.

The following may be given: Take viburnum, three drachms; gelseminum, half a drachm; water, four ounces. Mix. Dose. A teaspoonful every four hours, during the day.

In cases where there is flatulence, or restlessness, or disposition to colic at night, the following serves well to disperse the unpleasantness: Take simple syrup and glycerine, of each, two ounces; dioscorea vil., half a drachm. Mix. A teaspoonful of the mixture may be taken three times a day, so long as needed.

Aged people are sometimes annoyed with dribbling of urine. This is due in part to disease, but largely to deficient tonicity which is consequent to decline—to the failing incident to senil-

ity. However, except in cases of very long continuance and in the very aged, it may be stopped.

I have found the following to meet the requirements in the largest number of cases: Take thuja, twenty drops; water four ounces. Mix, and give a teaspoonful every three hours, during the day.

A dose of Garfield Tea may also be taken. One dose is generally sufficient, but a dose may be taken several mornings successively and then a dose twice to once a week, for awhile with great benefit.

DISTURBANCES ABOUT THE URINARY ORGANS.— OBSERVATIONS.

A very large per cent. of the disturbances, irritation and discharges, about the pelvic region is due to deficient elimination of the debris and detritus of the economy, and deficient urinary and alvine excretions, an impacted colon from long continued constipation causing an immeasurable amount of disturbance. To the above causes is due the depressed and despondent condition sometimes accompanying this annoyance. These annoyances are frequently interpreted as being disturbances of the reproductive organs, such condition very seldom being the case.

The following preparation removes the disturbances: Take simple syrup, cascara aromatic and glycerine, of each, three ounces; tincture of buchu, two ounces; sweet spirits nitre, one ounce, and podophyllin, one grain. Mix, and shake the bottle well each time before taking a dose. Take a tablespoonful of this mixture every night just before going to bed, for four or five nights, then one or two doses a week so long as necessary. Administer a sponge bath to the entire body for thorough cleanliness, and a hot water sitz-bath, twice a week, in addi-

tion to taking the above medicine, and irritations will be quieted, and other morbid conditions will disappear. Plenty of muscular exercise in the out door air, also greatly aids in promoting recovery.

The above mixture can be very advantageously taken as above directed, any time when dull, heavy, tired, weary, restless, smoothening, or nervous feelings appear. It will not only give a general betterment, but will keep warded off the danger to a paralytic stroke, or apoplexy.

A cup of Garfield Tea taken the first thing in the morning or the last thing at night, is of great value in aiding the system to retain its equilibrium. When there are annoyances beginning to manifest, a dose may be taken three times a week, for a week or two.

OPIUM.

The action of opium is to destroy the vital functions of the economy of our body. It lays its paralyzing grasp upon the functions of digestion and elimination, the two essentials in continuing life. It checks the secretion of the gastric juices, the bile, all of the digestive principles, and paralyzes the activities of the excretory function, thus locking in the fecal mass and other effete materials, which add poison to the system in addition to the poison of the opium's self. The appetite disappears because of the paralyzed condition of the vital functions, and the body must consume itself, and the physical strength declines; as the tissues are consumed, emaciation of the body exhibits—occasionally a seeming plentifulness of flesh appears, but instead of flesh, it is dropsy, or bloat.

The mental functions succumb to the paralyzing effects of the opium upon the brain, and though in its earlier administration a degree of brilliancy of mind is sometimes manifest, the mental possibilities narrow, become restricted, eventuating

in entire disability. It is always a disease producing and disease promoting factor. If disease is not already present, by destroying and preventing the vital functions and processes, it produces it.

Morbid, irritating matters pent-up within the system, cause various types of ailments and distresses. Administering opium or medicines of like effect may deaden sensibility to pain for a while, but the cause of the disturbance not having been removed, and the vital energies having been lessened by the opium, the pain returns with greater intensity when the stupefying effect of the opium subsides. It thus acts in all conditions.

INSANITY.

The alarming increase of insanity and idiocy savors something of a reproach to medical science, civilization, and the churches, and requires serious consideration for measures to check its increase. When insanity and idiocy double, or nearly double their numbers in one decade, the outlook is certainly alarming. The number and capacity of buildings necessary to confine these unfortunates, and the amount of money and number of attendants necessary for keeping them confined is assuming monstrous proportions, and while it is certainly praiseworthy that those among any people who are unable to care for their own comfort be provided for, a large and increasing number of dependent subjects is a reproach upon the habits of the people and the guardians of its health, and certainly writes its future fate in bold letterings.

These public institutions are officered through political favors and not by superior qualifications as a rule, and the result is deleterious instead of beneficial. The remarkably few cures obtained in public institutions for insane, are deserving of attention, also their situation, environments, etc. The disin-

fectants used in some of these institutions are especially dangerous. I have reference to the carbolic acid and other poisons used. Thoroughly fill the atmosphere of rooms with the poison of carbolic acid and then add to that the poisonous effluvia of the effete materials of the natural detritus which emanates from the bodies of over large numbers of patients crowded together, and you have a condition of atmosphere that would corrode a steel body and unbalance the strongest mind in existence.

These unfortunates obtain chiefly from three sources, those suffering principally from physical ailments consequent upon a prostrated condition of health, and largely victims of improper medical treatment, and those who by vicious habits have destroyed their betterness both physically and mentally, and the products or offsprings of this class; and the other additional few probably being victims of mechanical injury from accident.

Insanity is preventable in the greatest degree, especially so in cases in the first named, causes—almost entirely curable in the first named, and to a degree in the second named causes. In the first named cases use prevention by proper care of health and recreation to avoid physical break-downs, and effect cures by proper treatment to build up the health, and agreeable intellectual enjoyment. Prevention in the second class is secured by proper education, and proper interference to prevent reproduction of this class.

The numerous and various cases cannot be successfully and properly cared for as confined together in public institutions; unavoidably there must be great monotony, which is one prime factor in sending many inmates there. The most prominent causes of insanity in the first named cases are developed within the body, augmented by unpleasant treatment and surroundings, are due to poison from effete materials in the economy (in

the body), the presence of which is neither voluntary nor recognized as vicious in a moral sense; it is due to derangement of organization, manifested by derangement of functions to which retention of poisons is attributable. This class does not properly belong to public institutions and should not be permitted to be confined there. In almost every case they can be more properly and successfully treated in their own private homes. The possible few cases who could not be should be prepared for in private institutions in the districts wherein they appear. The time is ripe when this subject must engage attention.

Harmless dependents should also be assigned to places distant from the harmful, and provisions made for fewer in number being confined in one place. It is evident this importance must receive consideration. By fewer of these dependent subjects being confined together in one place much of the injurious obnoxiousness native to such condition is obviated, thus bettering conditions.

“KNOW THYSELF.”

Vile advertisements in daily newspapers and periodicals of every sort, and pamphlets with such fascinating titles as “Know Thyself Young Man” are freely disseminated on every hand, together with those vile and falsifying “Lectures to Men Only,” and “Young Men Only” and other moral lepers who pose as “Specialists” to “Restore Lost Manhood,” great numbers of whom infest large cities, are a species of evil producing factor, the measure of which is not equalled by the rum traffic. The above evil disseminators prey upon the ignorance of the young men who have just developed into puberty, misguiding them and falsely instructing them regarding the naturalness of the functions of their newly developed self, and by their misrepresentations implant in their minds the direst fears lest their *normal* dis-

charges are fast fitting them for the insane asylum, strenuously smothering and crushing out every spark or ray of the finer, higher, nobler manhood, cultivating the purely sensual, teaching self-abuse and worse vile practices, thus developing them into sexual fiends. And when these lepers have robbed the pockets of the young men, and in addition have made them moral and physical wrecks, they slip them off their hands and turn them out a curse to themselves and those around them, and to end up in some heinous criminality, or to become a victim in some institution of dependence—perhaps an insane asylum, which result *is only due to the wretched treatment from the hands of these misguiders.*

Another class of similar stripe, posing as “specialists to treat female diseases” are equally evil factors. The ignorance of young men, women and girls make them easy victims of these professional vagabonds.

The human body, the crowning piece of God’s creation, is not made the most defective of all His created works, as the above class of beings would have people believe. The human body, though wonderful in its mechanism and the functions of parts, is made admirably adapted to the essentials and necessities of its economy for its healthful and rightful continuance. In all of God’s created things He has made and provided every necessity for its well being and continuance without compelling the being to destroy or wrongfully use itself in filling the mission for which it was created. To admit otherwise is to accuse God of incompetency of design and lack of righteousness in purpose, which to do there is no greater blasphemy.

There is no part of the human body but that is essential to its continuance, well-being and harmony—no part that God did not make for a special purpose in the economy of the body

—suitably adapted for each and every purpose for which it was created, from the smallest cell growth to the greatest organ, and that, too, without compelling us to sin, mis-use or abuse. Nowhere throughout the human body is there found an absence of *provision* for its perfect economy. The reproductive function remains in *perfect passivity, such as no other function of the entire economy of the body does*, and unlike the other functions of the bodily economy, *it comes into active being at the bidding of the mind only*. The detritus from this part of the body is eliminated from the male by muscular exercise and the discharges (which discharge corresponds to the catamenia in females), and from the female by muscular exercise and the catamenia discharge. Both of these excretions are as proper and harmless as the urinary and alvine excretions, though their absence is by no means as harmful.

Voluntary discharges from the mouth of the urethra are *not seminal emissions*. Seminal emission does not take place without agitation, and agitation does not take place during sleep. Neither are these discharges always due to conditions of disease, but to a healthy functional secretion or discharge from the serous membrane lining the cavity, which may be from the canal of the urethra, the bladder, or any organ containing a cavity (all cavities have a serous surface), and there is a healthy functional secretion from all serous surfaces, and the discharge appearing at this place is not an exception and is in no way connected with the function of reproduction.

SIT ERECT, WALK ERECT, STAND ERECT.

The incorrect walking, sitting, and standing posture indulged in by some people much to the injury of their health and deformity of their body, is the result of faulty education and idolence, rather than to any specific weakness or the result of consumption, as many claim. Young people who sud-

denly shoot up to the bodily height of adults, thus placing them to better appearance from bodily size with adults, and by mental inclinations with those of their own years who are mentally children with themselves, partly from a sense of awkwardness, and partly from an apparent desire to equalize themselves with their companions, permit a curving forward of both head and body which if permitted to continue, results in permanent deformity.

The curving forward attitude, cramping the organs associated with the neck, crowding the lungs, liver, stomach and bowels into the capacity of one of these organs, is injurious to all of them.

The body may be trained to a correct, or erect posture, in sitting, standing and walking, leaving the organs of voice unobstructed, the chest expanded, and the other organs uncramped, which will not only give a dignified appearance to an otherwise awkward and deformed looking body, but will preserve and improve the voice, and permit the other organs to have unobstructed freedom for performing their functions, thus favoring a general betterment of the health. The head, also, should be held erect. The bending forward when this position is necessary, should occur near the hips.

Every person cannot be a great walker, but every normal person can be a good and genteel walker. The slouchy walk, the waddling motion, the swinging, slinging, jogging along need not be practiced. The head can be carried upright, shoulders back leaving the chest uncramped, head and shoulders carried steady without swaying, and the knees bent slightly, all that is necessary without ungracefulness. In this position breathing can be deep and free, and should be through the nose.

HOW LONG HAVE WE TO LIVE.

From any period of any one's life, an estimate of the probable prolongation of life is of more importance, especially in considering important changes in business positions, entering into new undertakings, enterprises, etc., and though not caring from the above standpoint to consider the subject it may interest from curiosity. The following is said to have been prepared by Dr. William Farr. Beginning at ten, part is omitted:

Those who have lived to 10 yrs,	47.05	yrs.	more	to	live
20 "	39.48	"	"	"	"
25 "	36.12	"	"	"	"
30 "	32.75	"	"	"	"
35 "	29.40	"	"	"	"
40 "	26.06	"	"	"	"
45 "	22.76	"	"	"	"
50 "	19.54	"	"	"	"
55 "	16.45	"	"	"	"
60 "	13.53	"	"	"	"
70 "	8.55	"	"	"	"
80 "	4.93	"	"	"	"
90 "	2.84	"	"	"	"
100 "	1.68	"	"	"	"

Notwithstanding, that woman, by nature fills the place in life fraught with the greatest dangers, the most taxing hardships and severest trials, she comes out with chances for life in her favor. This is due to the fact that women do not destroy their powers to live by vile habits so common among men. If women were as free to choose their habits of life and their environments as are men, the chances for prolongation of life would reach from thirty to fifty years beyond those of men—men continuing their present habits.

AFTER EFFECTS OF LIGHTNING STROKE OR SHOCK.

There are so few cases of lightning stroke or severe shock that recover, that comparatively little is known or obtainable of its after effects, or any peculiar sequela. Many physicians practice treating diseases twenty or thirty years without seeing a single case. In a practice extending over more than a quarter of a century the writer has seen but one case that was killed by lightning and five that were badly shocked. The case of a young man seventeen years old, who was severely shocked, retained some discoloration for more than two months. The greater part of that time he felt "dazed", as he described his feelings, as a "nervousness" which was "very unpleasant;" this gradually decreasing for near two years before he could resume attentions to business with his usual vigor.

APPARENT DEATH FROM LIGHTNING STROKE
OR SHOCK.

Dr. Gunn's Treatment: "Dash cold water over the head, face, and the whole body, continuing to pour it on the head. If this does not revive in a few minutes, remove all of the clothing, have a hole dug in the ground large enough, and place the patient in it in a half sitting posture, and cover all of the body with fresh earth but the face. As soon as the eyes begin to move freely shade the face, and soon as the patient begins to breathe freely, remove to a light and airy room, wash the body with cold water."

THE EFFECTS OF EXTREME COLD.

A moderate exposure to cold for a short period, may be followed by a glow of speedy re-action, and in such event it exercises a tonic and stimulating influence; but if cold is great and exposure is of long duration, instead of re-action, depression

occurs, from which recovery is slow, and sometimes does not result.

To lower the vitality, and destroy altogether the vital activity of the part, or in the entire body, is the effect of extreme cold. The processes of physiological and chemical changes which are essential to every manifestation of life, being only possible within very narrow limits of temperature, are hindered and absolutely prevented by cold; the small arteries and capillaries after extreme exposure become congested and so contracted as not to permit the passage or circulation of the blood, and the normal condition, composition, and structural integrity of the various tissues are more or less impaired, or may be destroyed altogether. Cold, by stopping the vital activities, leads to congelation and consolidation of the various tissues in the body. From such condition, when complete, recovery is impossible.

Prolonged and continued exposure to cold, thus keeping the vital activities in a depressed condition, gives rise to various maladies, eventuating in death, frequently. Various ailments would lessen in frequency of appearance and severity of action by properly clothing the body, and avoidance of undue exposure to inclemencies.

The effect of cold is modified or influenced by the degree and duration of exposures, the medium of application, the part and extent of surface exposed, and the physiological condition of the general constitution of the sufferer—or, the power of resistance. Dry cold is less rapid and effective than wet cold, and the constant removal of the medium in contact, hastens the cooling effect. A continuous draft of moderately cool air will do more to chill than a temporary exposure to cold but still air. The fabric or medium of application also greatly influences the rapidity of its action, the bad effects of

cold being produced quicker by cotton clothing touching the surface of the body, of even the same thickness, than wool fabric, the cotton conducting the cold to the body and the wool preserving the warmth of the body.

The serious effects of cold are proportionate to the degree and extent of exposure, and the power of resistance of the subject.

The young, especially infants and small children, and the aged, the feeble, ill-nourished, and broken in health suffer more from cold than the healthy and otherwise vigorous. Hunger, loss of sleep, fatigue, anxiety of mind and mental depression of whatever kind, lower vitality and diminish the powers of resistance to the deadly influence of cold even to fatality.

OBSERVATIONS.—SANITARY.

Water closets within the private dwellings are repulsively filthy, and disease producing and promoting factors. These toilets inside of the private dwellings, may seem quite refined, but they are quite a filthy refinement. These accessories and all house drains should begin and end outside of the walls of the dwelling. No drain should extend under the house.

The habit of having the stables and dung-hills so near the dwellings as is especially the custom in cities and towns, is not only repulsively unsightly, but positively filthy, and yet people who possess these convenient filth factories and receptacles, imagine they are living quite cleanly, even when they cannot eat a meal, if the doors or windows be open, without obtaining the odors from these disgusts. It is little use to attempt to purify the atmosphere in dwellings so situated, by opening doors and windows for such air coming from those offensive places to rush in. Uh! That old sink; the ugly box. Better take it out.

Every city, town and village should be compelled by statute to provide sanitary commodes or toilets for public use. They should be convenient of access, yet modestly located, should be so arranged that they may be easily kept in sanitary condition, and should be supplied with a constant attendant. Those for ladies and children should be located distant a block or more, from those intended for the use of gentlemen.

They can be made self-sustaining by charging a small admittance, from a penny to five cents—the five-cent charge being for a woman accompanied by several children, and should entitle to convenience for washing the children's faces and arranging their hair, arrangements for which should be provided in the construction of the building. Where they cannot be made self-supporting, they should be sustained from public funds.

PART THIRD.

SORES AND WOUNDS.—THEIR NATURE AND TREATMENT.

GENERAL OBSERVATIONS.

All wounds, especially about the face, neck, hands and arms, should be dressed without sewing, where it is possible to do so. With proper care, very extensive wounds can be adjusted and confined in shapely position by means of strips of adhesive or court plaster, and bandagings or gauzes attached to the parts with colodion. The stitchings make more wounds to heal and more surface to scar.

It is not, in my judgement, advisable to use carbolic acid, bichloride of mercury, or other poisonous medicines, for presumable antiseptic purposes. Poisons are easily absorbed by open wounds, and I am of the opinion that much harm is done, and has been done, by these applications, even to the extent of fatal poisonings. Simple cleanliness, with hot water and spirits of turpentine equal parts in extensive bleedings, and in cases of less severity one part turpentine and eight parts water, is a much safer means; or, I would rather trust the plain hot water. Turpentine to internal surfaces causes no unpleasant feelings, but to external surfaces it sometimes blisters or smarts. To overcome this protect the outer parts first by applying castor oil. Either of these favor recovery, control any excessive bleedings and prevent undue suppuration.

Wounds exhibit appearances according to the means of mechanical injury. In all cases examination must be made to ascertain the nature and extent of the wound. Whatever the nature or extent of the wound or injury, it must be dealt with according to the conditions it presents, and efforts made to do the best that can be done under the existing circumstances to promote recovery. The first thing that can be done is to place the patient in the most comfortable position possible and stop the flow of blood.

If the wound is not too extensive it may be pressed upon with a finger firmly, when the hemorrhage will stop. A more extensive wound must be drawn together and a compress of cotton, a folded cloth, or a sponge, dipped in water as hot as can be borne, confined upon it. To the water used should be added one-fourth as much spirits of turpentine—or the equal parts of spirits of turpentine and water.

When the bleeding has sufficiently ceased, cleanse the wound of dirt or any foreign substance, cleanse over with the water and turpentine, draw the edges together and apply strips of adhesive or court plaster. If the wound is deep or otherwise extensive, leave slight spaces between the strips for the purpose of permitting drainage. Should there be indications that adhesive strips will not be sufficient to keep the parts properly together, a bandage may be applied. Small wounds of no great depth usually heal without further dressing.

If the wound is extensive, of great depth, or large blood vessels cut, or if an extensive bruise exhibits, a surgeon should be called.

But efforts must be made to save life till the arrival of a surgeon. The hemorrhage may be held in arrest by the application of a compress, which may be made by folding a piece of cloth several thicknesses, dip it in hot water, if it can be

had, and hold it firmly over the wound; if hemorrhage does not readily check, another cloth treated the same way may be applied, or a bandage may be applied. If a surgeon cannot be obtained, proceed to cleanse and dress the wound as above directed.

If inflammation appears to any degree, tincture of arnica, applied once or twice a day, will doubtless be sufficient. But I prefer equal parts of castor oil, spirits of turpentine, and hot water mixed and applied. Usually one application is sufficient. Calendula applied to wounds, is said to promote healing without suppuration. I have not used it, but many claim to have used it with excellent results.

WOUNDS FROM INSECT BITES.

For insect bites or stings of any variety, I know of nothing equal to, or better than to apply spirits of turpentine, ammonia, or the yelk of eggs and salt as a poultice.

BROKEN LIMBS.

In such misfortunes a competent physician and surgeon should be called, if one can be obtained. The patient should be placed in as comfortable a position as possible, and if no physician can be obtained pass the thumb and fingers along the course of the bone supposed to be broken, and the fracture or break can generally be detected by the roughness, or the depression of one side of the bone, and the elevation of the other. If the limb be moved or rotated, a grating is felt, or a noise is sometimes heard; and there is an inability to raise or move the limb.

After it is ascertained that a limb is broken, the bones must be replaced into their natural situation with the fractured ends in perfect contact; they must be kept in this state.

To properly attend to the setting and dressing of the broken bone, the patient must be placed in a proper position to be in comfort and to be handled. Carefully place the ends of the bones in perfect contact, which you can detect by touch, being careful to get the fractured bones in direct line with each other, and see that there are no prominences or depressions; keep the necessary tension to keep the bones in correct position, and apply a splint.

A splint may be made of narrow flat pieces of light wood, in four or six slats for an arm, four generally being the best; they must be placed lengthwise, and must be of sufficient length, extending well beyond the injured parts. The splints must be placed around on various sides or parts of the broken limb, to prevent motion of the parts, and a layer of cotton placed next to the skin, to prevent chafing and to aid in evenly adjusting the splint. The bandage which must consist of a strip of muslin about two inches wide and several yards in length, must be rolled up that it may be easily handled in applying. The splints being held in place by assistants, the operator begins applying the bandage at the lower end of the limb and advances upward, securing the splints with sufficient firmness.

It is difficult to describe in words the proper degree of compression necessary, or to impart the skill required to adjust a bandage leaving smoothness and suitableness; much must be left to the sense of the operator. If it is bunglingly adjusted it will soon slip down, or if too tight it will cause swelling and unnecessary pain.

It must be watched, and kept at ease and in proper position. A lower limb must be kept in proper rest; an arm must be carried in a sling, usually, or for at least a few days.

Inflammations can, in many cases, be controlled by applications of hot water and vinegar, above or below, or above and below the injury, and slight swellings kept reduced. In a week or ten days if there be reason apparent that anything is wrong, it may be undressed and examined, and ascertain the wrong, which must be treated according to the nature of it, remedied if possible, and the splint returned.

The patient must be kept on easily digested diet, and must not attempt to use the limb too soon after the fracture had been united. No heavy labor should be performed after a broken leg or arm, in less than six months, even with the best apparent recovery.

It may result that a broken limb may be shorter than the one not broken, under the best of treatment; or, the limb may never be as active, it may not be as pliable as before. Much depends upon the constitution, age, habits, both before the injury, during recovery, and for sometime after.

BROKEN LIMBS.

Tincture of arnica applied both above and below the break greatly reduces any inflammation that may arise. The bowels must be moved every day, as the bowels being in a healthy condition greatly diminishes danger to inflammation. Free biliary alvine action should be produced by proper medication following *all* injuries of even moderate severity. For this purpose the capsules, or the powder without putting it in the capsules (see remedies in this book), or any of the preparations named in this book containing cascara and podophyllin, serve well in these cases.

DISLOCATION OF THE WRIST.

A dislocation of the wrist is one of more serious nature than a dislocation where there is a less number of joints so near together, which usually become more or less involved.

To reduce the luxation make full and careful tension on the hand by grasping it firmly and gently extending it, having an attendant hold the forearm firmly if necessary, the operator gently bracing the arm and part as needed. It is sometimes necessary to adjust a splint. The injured limb or part may be bathed in equal parts of vinegar and water hot as can be borne, from once to twice a day, especially the first few days following the injury. Essence of peppermint and tincture of arnica, equal parts, mixed and applied, has an excellent effect in removing pain and soreness, also in preventing swellings. One part castor oil may be added to this mixture. It may be used in addition to the hot water and vinegar baths.

If the person is of advanced age there is much prospect of not being able to secure a perfect recovery.

OTHER DISLOCATIONS.

Most all dislocations may be reduced by extension and counter extension, yet some prove very vexing even in the hands of the most experienced attendants.

The best method of procedure in reducing dislocations of much degree of seriousness, is to administer chloroform; this relaxes the parts and also removes the tension of the patient's resistance, thus permitting the setting or adjusting of the limb. To insure a perfect adjustment of the shoulder and hip dislocation it is almost necessary to administer chloroform. This a physician must do.

In all cases sufficient time should be permitted to elapse for the patient to recover from the shock from the injury before adjusting the dislocation, especially if it is necessary to administer chloroform, yet the waiting must not be prolonged till undue swellings exhibit if it can be avoided.

SHOULDER DISLOCATIONS.

Dr. Louis A. Stinson (Med. Record), suggested the following simple method of reducing shoulder dislocation: A hole about six inches in diameter is made in an ordinary canvas cot. The patient lies upon this with the arm hanging through the hole, the cot being raised some distance from the floor. A ten pound sand bag is fastened to the wrist of the dependent arm. After a few minutes in this position reduction takes place spontaneously.

He also applies this principle to dorsal dislocation of the hip. The patient lies face down upon the table, with legs and thighs hanging over at one end. An assistant holds the injured limb in a horizontal position. The dislocated member is allowed to bend at a right angle of the body at the hip; the surgeon grasps the ankle, holds the leg horizontally and moves it gently from side to side. If the muscles do not relax, a five or ten pound sand bag is placed on the leg behind the knee or pressure made there with the hand.

SYNOVITIS.

Synovitis is an inflammation of the synovial membrane, and there may or may not be a distension of the synovial sac from accumulated fluids. The knee joint and the elbow joint are the most commonly attacked.

It may be due to mechanical injury, strain, physical fatigue from too long standing on the feet, or to cold, rheumatism, gout, syphilis, mercury or quinine.

It is painful, and sometimes very tedious to remove. It may terminate in ankylosed joint, especially if the patient is advanced in years. Puncturing or cutting interference always produces the ankylosed condition, and should never be permitted.

The part must be protected by rest, this is of prime importance. Soak well the affected part in hot water and vinegar, equal parts from two to three times daily, keeping the part in the hot bath for half an hour to an hour, at each bathing. Continue these daily baths till the reduction of the swelling and inflammation are evidently progressing. In addition, bathe the part with the following liniment: Take spirits of camphor, spirits of turpentine and tincture of arnica, of each two ounces; castor oil, an ounce, and an ounce of oil of cedar; two ounces of essence of peppermint, and two ounces of glycerine. Mix, and apply all the part will absorb, once a day. Apply twice a day if pain and swelling are severe.

The bowels must be kept active. For this purpose, see remedies named in this book.

ANCHYLOSED JOINT.

A perfectly ankylosed joint cannot be cured, ossification having become complete, there is no remedy. A stiff joint can be cured more readily if treatment is begun early. Bathe a stiff, or a swelled joint every morning with glycerine, essence of peppermint and oil of cedar, equal parts, after having soaked it in hot water, for at least twenty minutes to an hour.

Also the following liniment is effective: Take of tincture of arnica, spirits of camphor, spirits of turpentine, of each, two ounces; aqua ammonia, one ounce; polynnia uvedalia, one-fourth of an ounce; and glycerine, four ounces, and castor oil, one ounce. Mix, and shake the bottle well, each time before using, and apply it twice a day.

The limb must not be used constantly. In all cases the general health must be placed in the very best condition possible.

The debility that accompanies these conditions is obstinate and difficult to overcome in many cases, and the recovery is proportionately slow. The following preparation serves to promote recovery, by favoring digestion and assimilation: Take glycerine, and olive oil, of each, three ounces; fluid extract of cascara aromatic, one ounce; tincture of gentian, fifteen drops, and cinchona cal., one drachm. Mix, and give to a child five years old, half a teaspoonful half an hour before eating, every day for the first week, then a teaspoonful every evening half an hour before eating. A teaspoonful is the dose for the adult. Much careful watchfulness and patience are necessary in these cases, as they are a worse injury than a complete break; the break as a rule will heal more readily than strains or sprains.

STIFF JOINTS.

Stiff joints may be overcome in some cases by very mild treatment, the cause and age of the patient much influencing the condition. Injury and disease may have so modified the conditions of the bone and surroundings, that a cure cannot be effected.

Hot water baths of at least a half hour duration daily, gently rubbing and bending the joint, will be found valuable. The following liniment will be found curative in many cases: Take tincture of capsicum, spirits of turpentine, spirits of camphor, of each two ounces; glycerine, two ounces; salt peter, a heaped tablespoonful; and castor oil, half an ounce. Mix and apply twice a day.

SPRAINS.

Sprains may be treated as above directed for stiff joints. There may be an equal quantity of vinegar added to the water used for the bath. The liniment first directed in the treatment of ankylosed joint may be used. The hot water baths to the affected parts are invaluable.

CARIES OF THE BONES.

This disease exhibits by an ulcerating manifestation of the bone to the surface. It may result from external injuries, from scrofula, syphilis, the use of mercury, or the condition of erysipelas or felon.

It may be treated by first cleansing the part with hot water and castile soap, then poulticing with bread and milk till there is an appearance of less inflammation; then cleanse the part well and apply as near the bone as can be conveniently done, a small pinch of podophyllin—the dry powder—and over the surrounding parts apply the salve, or ointment, named for treatment of carbuncle.

The limb must be kept free from exertion. The general constitution must be built up to the best condition, by nutritious food, and regulating the excretory functions. For the purpose of regulating the excretory functions the following gives the desired result: Take sweet spirits of nitre, half an ounce; glycerine and simple syrup, of each three ounces; fluid extract cascara, half an ounce; and podophyllin, half a grain. Mix, and give a teaspoonful every three hours till free alvine dejections are seen. Then give a dose about one or two times a week, or so often as necessary.

VARICOSE VEINS.

Varicose or enlarged veins usually appear on the legs. When they appear on the legs they are caused by exhausting labor while on the feet and by strain. When manifest in pregnant women the above cause is augmented by the weight of the child in utero, its size and weight interfering with free circulation, the return of the blood being prevented by the pressure.

From the exhausted condition of the patient and the prolonged strain on the lower limbs, the valves lose tonicity and

the sides of the vessels give way in places, letting the blood bulge out in knot-like tumors. They have the appearance of a blood boil and occasion an uneasy distress, and they are in constant danger of being ruptured.

The most certain and speediest cure is to keep the patient in the recumbent position, administer hot water spongings, especially to the limbs affected, every day, and promote regular urinary and alvine actions. A dose of the anti-bilious physic should be given, the first thing taken into the stomach in the morning, the one dose being sufficient. This removes much superfluous and morbid fluids from the blood, thus favoring its circulation, and removes unnecessary materials. Equal parts of sulphur and cream of tartar, a heaped teaspoonful taken every day for three days, then twice a week, also serves, but much slower than the above remedy. Essence of pepper-mint, spirits of camphor, essence of cinnamon and vaseline, equal parts, mixed, makes a good local application to these injuries. It may be used twice a day. The writer has never found it necessary to use bandages of any kind in these cases.

BURSA.—HOUSE WIFE'S KNEE.

In this affection there appears a knot, or protuberance on the tendon or about a joint, and though it may exhibit about joints elsewhere, where a promotive cause has exhibited, it is most frequently met among house-maids, or persons who are much upon their knees when laboring, or performing work as in scrubbing floors. It may manifest at the wrist or ankle joint. It may be caused by continuous pressure upon the part, sprains, blows, falls, etc. It is not always painful, especially at first, and discoloration may or may not exist.

Their appearance is slow, and there is frequently as slow disappearance, and though slow, if the part is favored with

appropriate rest and treatment, the desired recovery will be obtained.

In addition to plentiful rest of the affected limb, the following treatment will arouse the absorbents to carry off any excess of fluid which has accumulated, and the part will resume its naturalness. Bathe the affected part in hot water, or new cider, hot, continuing the bath for twenty minutes to half an hour, and repeating it twice daily. The liniment directed for application to synovitis, or swelled joint, is a good application for this condition. The excretory functions must be kept normally active.

CARCINOMA, OR CANCER.

Carcinoma, or cancer, is a manifestation of disease which in its constitutional impression manifests a devitalizing tendency, and in its local exhibits a destructive hostility to adjacent tissue. Attention is first attracted to its presence by a local manifestation, though the degenerating influence leading up to the morbid outburst, has been executing its foundation work for sometime previous, but as the subjects are not immediately confined to bed, the degeneracy gradually progressing in the system, has not attracted marked attention.

The rapidity of its destructive progress, after its local manifestation, leads to the conclusion that the entire system is greatly involved in a state of degeneracy, the conservative forces of the body being able to offer but little resistance, ere the local manifestation exhibits. To this involvement of the system is due that the removal by surgical operation of it from one location does not eradicate it from the system. It is not a local specific virus or condition, but a constitutional degeneracy.

Its local manifestation is due to the degenerate matter seeking elimination and outlet, and not having obtained it

through the proper outlets, a gland has yielded to its impulsive force for elimination and expulsion; or, occasionally a follicle, as is evident from observations of its attacks of the follicles usually being manifested on the lips, or nasal cavities, and perhaps the stomach and its adjacent parts. Its attacks of the glands are exhibited by the appearances at arm-pit, mammary glands, supposedly the liver, and perhaps the uterus.

A bruise or injury may give additional impulse for special localization, it being most frequently located in the mammary glands being due, no doubt, to milk abcess formed after child-bearing, to bruises and injuries from the nursing child, the husbands too frequent harsh handlings, and perhaps occasionally, from bruises from other sources.

Syphilitic taint, if present, will augment its severity, as it does in all other ailments, when it is present in the system. Or, it may wholly give rise to the condition. And also, tobacco, morphine, and alcoholic drinks will effect the same result, or a condition of undue degeneracy within the system, alone may give rise to it.

Cases of cancer have been claimed by eminent authority to have exhibited in persons who were in extraordinary fine health, but I am convinced that if the diagnostician had made a thorough examination of the subject and had understood the presenting symptoms, he would have found that the devitalized material (dead material contained in the body) was far in excess of healthy, living structure—that degeneration was making far more rapid strides than the repairative processes.

The characteristics considered as distinctive of the morbid condition termed *cancer*, as differing from suppurating, corroding, or ulcerating processes not so named, are so *meagre* that it requires an extreme degree of effort of an expert microscopist to discover the distinguishing difference of features, as this

condition, like any other ulcerating or suppurating process, depends upon the character of the structure in which it is found for its various manifestations of peculiarities. Those features described as "rootlets" by some observers are simply capillary blood vessels, such as exist naturally throughout the body.

The rapidity of its destructive progress after its local manifestation is in proportion to the amount of resistance met in the yet remaining reparative powers.

A further evidence of a devitalized or degenerated condition of the system being necessary for its local manifestation is, that it is seen to manifest most frequently in the mammary glands of nursing women whose systems have been exhausted from gestations and giving off nutrition to the nursing child, augmented by overwork, and in women who have had the vital energies of their bodies destroyed by many miscarriages.

In all cases of ulcerative, suppurative, corroding processes, there is deficiency in the reparative processes—new cells are not completed, life-force appears to let go, as it were, and the reparative substance passes into degeneration instead of living reparative structure. This condition continues manifesting in those cases which prove fatal, and which may probably be considered due to the vital forces having reached the limit of their power of endurance and hence can not continue life—this exhaustion of the vital forces being hastened by the causes which gave rise to the disease.

The surface of these tumors is nodulated or irregular, and a lumpy feeling is found in the body of the tumor; the skin may exhibit a wrinkled appearance, or a distended appearance, and there is more or less pain, piercing or penetrating in its nature.

There is in reality, but little understood of this freak of disease, as well as many other conditions of destructive processes.

Suppuration caused from wound or injury seems more easily understood—we then reason that the reparative forces are ejecting the injured or killed materials as an useless guest, from the economy, but in this type of morbidness it seems to most people not so easily accounted for, and hence it associates with the greater fear, as is pretty generally true of all things of which we are ignorant.

In the early manifestations when the lumpy hardness is felt in the enlargement, apply the following liniment, twice or three times a day: Take spirits of turpentine, one pint; alcohol, two ounces; gum of camphor, two ounces; essence of peppermint a pint; castor oil, two ounces. Mix, and it is ready for use. Bathe the affected part in hot water, to half a pint of which is added half an ounce of glycerine, giving this bath once or twice a day and after each bath apply the liniment. Take the polynnia uvedalia mixture directed in the treatment of pneumonia, during the day. This remedy has an especial influence in dispersing glandular and follicular inflammation and swellings.

If the tumor has progressed till it exhibits an open face, bathe the parts well in hot water, using castile soap for assurance of proper cleansing. Rinse the sore with hot water to a half pint of which has been added one-half drachm of tincture of benzoin, in that proportion. Dry the surface and apply a thick plaster of the soothing salve directed in the treatment of carbuncle, over the entire swelled and inflamed part. Place new unwashed cotton an inch thick over the salve plaster, and confine in place with a bandage sufficiently firm to give comfort. If no uncomfortableness is experienced, let this dressing remain for twenty-four hours, when it may be re-dressed as before. Take the capsules (see remedies in this book), one at seven P. M., and one at ten P. M. every night for two nights, then take one every other to every fourth night so long as

needed. I have witnessed some very unsightly ulcerating processes heal and get well under this treatment. The preparation containing yellow dock named under observations in this article may be taken with good results.

Resin benzoin, four grains; vaseline, two ounces; camphor gum one ounce. Heat the vaseline and crumble the camphor gum into it while it is hot, permitting it to dissolve, stir it till cooling, and then add the resin benzoin, stirring it well to mix. One fourth of an ounce of laudnum may be added with additional good effect.

This salve is especially beneficial to those conditions where the parts dispose to continue inflamed, distended, and nervously painful.

Take sulphate of zinc, two grains; lard, one ounce and a half. Mix well. This is a curative remedy, and in some of these cases of unfriendly persecutors, these ulcerating and corroding processes, it gives the cure so much craved. Bathe the part as above directed before applying the salve.

In the conditions where those growths usually called proud flesh manifest, a mild solution of blue vitrol, applied, will disperse it; after applying the blue vitrol solution, apply a salve plaster. The benzoin mixture above named, serves excellently well.

A mild solution of caustic potash, applied, in the above condition, and the salve plaster immediately applied, places the condition favorable for healing.

OBSERVATIONS.

Syphilitic poisoning in these sores, as in all ulcerative processes, and diseases generally, increases the severity of the disturbances.

From observations of ulcerating formations and processes, I am fully convinced that these conditions called cancer, have nothing more special or specific, either in their essential *nature*, *habit*, or *cause*, than any other morbid conditions of the sore or suppurating types of distress, and am sure that these conditions that are draped in such Egyptian hideousness, can, if properly treated, be as easily cured as any other pimple, boil, or sore.

In a general practice extending over more than a quarter of a century, the writer has treated ulcerating, corroding, and discharging processes, from the pimples, boils, carbuncles, felons, to not only sores from the top of the head to the soles of the feet, but that penetrating the bone, and nothing in all these years has been met to convince contrary to above views.

While a local injury may be the immediate cause of the outburst of a sore or suppurating process, impure blood is its fountain source and feeder, and to cure in the best possible way, with the least suffering and with best results, the blood must be purified—cleansed, got rid of its biliousness—its morbid stock.

For this purpose the following mixture will cleanse the blood, promote nutrition, thus giving the means necessary for recovery or reparation to take place:

Take fluid extract of yellow dock, two ounces; extract of may apple root, one drachm; glycerine, three ounces; essence of peppermint, one ounce. Mix. Take a teaspoonful three times a day for a week, then from twice to once a day to three times a week. This, with cleansing and bathing the affected parts with hot water and castile soap and applying the salves and remedies directed in this work, and an exceedingly few of these unpleasant manifestations will remain. The palatableness

of the above mixture is improved by the addition of an ounce of simple syrup and one drachm of tincture of ginger.

A POULTICE.

Take equal parts of white pond lily root, arrow wood bark and poke root. Mix as a poultice. This has been recommended for application to the inflammatory formations affecting the mammary glands. There is no doubt but that it is valuable; the virtue of both the poke root and pond lily root especially influencing the reduction of glandular swellings and inflammations.

The root of the white pond lily made into a poultice is a valuable application to boils and swellings of like nature, hastening a cure. It is to be applied till swelling has subsided, or until the pus has evacuated, when the part must be cleansed and dressed with some salve or pomade. Pure vaseline serves all that is necessary as a further dressing in some cases. My experience has been with the fresh root of the pond lily.

The sanguinaria (white pucoon) has been recommended by many for this purpose. I have not used it, but other good physicians have used it.

Remedy. For constitutional treatment of cancer: Take elder flowers, poke root, wild indigo, blue flag, mandrake, and red clover, of each, one ounce. Pour over these drugs, one and a half pints of 75 per cent. alcohol. Let stand for ten days, frequently stirring it. It is then ready for use. Six drops, three times a day, is the dose and frequency of taking. This alone is said to cure cancer.

The remedies combined in the preparation, are efficient in promoting elimination of morbid matters from the economy of the body, favoring digestion and assimilation, and doubtless, it will do what is said for it.

Hot sponge baths to the surface of the body in all suppurative processes, of whatever kind cannot be overrated, and especially the bath to the feet, which should be a soaking bath. In all conditions of wasting disease, the foods must be especially nutritious, without being bulky and distressing. The excretions from kidneys and bowels must be kept freely active, by keeping the liver awake to do its work. These are the prime considerations for promoting a cure, and its value cannot safely be lost sight of. By simply keeping the affected parts well cleaned with castile soap and hot water and giving the capsules, (see remedies in this book), beginning by taking one every four hours till free biliary alvine dejections appeared, then taking one three times a week, I have cured very repulsive and unsightly old sores.

CARBUNCLE.

Carbuncle may manifest in any subcutaneous tissue where it is dense, thick, and contains deposits of fat in the intercellular spaces; these manifest chiefly on the back, on the back of the neck, face, abdomen and under the arms.

When these manifestations appear, the general health is in very greatly debilitated condition, and the destructive processes have been largely in advance of the reparative and excretive functions. Their first appearance is that of a purplish pimple arising above the skin; they are sluggish to form a head, and sluggish to evacuate or clean out—the first head-like appearance usually containing a little bloody serum or water. Progressing, the bluish color assumes a livid or purplish red color, and sometimes gangrenous or mortified appearance exhibits. Its destruction of tissue is rapid and extensive.

Boils have but one pus cavity and but one opening, but the carbuncle has several pus cavities, and which are frequently continuous, one running into another beneath the surface. The

sloughing is more extensive than is apparent to the visible surface. There is great retrograde tendency of the system, and disposition to decline is more prominent than reparative processes. The constitution suffers extensively and intensively in the severe forms of this disease.

Those persons of sluggish habits supply its victims; and those of sedentary habits, those who take but little muscular exercise and over eat, those who indulge in intoxicants and other degenerating habits exhibiting the severest attacks. There is great impairment of the general health, and a general stagnation of the excretory functions.

The general constitutional betterment is of as great importance to look after as the local lesion, in fact, I consider it of the greatest importance, for if disposition to repair is not promoted, and degeneracy checked, death will claim the victim.

The excretory functions of the body are not well performed, and this morbid exhibit, is a manifestation of perversion of excretion.

With this perversion of excretion corrected and good nutrition obtained, the cure is well begun. For correcting this perversion, and favoring good digestion to aid reparation, the following mixture serves kindly the purpose: Take fluid extract of cascara aromatic, one ounce; sweet spirits of nitre, half an ounce; glycerine and simple syrup, of each three ounces; tincture of gentian and cinchona cal., of each one drachm; tincture of buchu half an ounce; podophyllin, two grains. Mix and give a teaspoonful of the mixture every four hours till free biliary alvine dejections have been seen. Then give a dose sufficiently frequent to promote two or three alvine dejections daily.

The polymnia uvedalia mixture directed in the treatment of pneumonia, may be given as there directed. If there is much

aching or pain, fluid extract of bryonia, twenty drops, added to four ounces of water and a teaspoonful of this mixture may be given every two hours while there is aching present, and a teaspoonful taken about ten in the forenoon and three in the afternoon, during its greatest severity, decreases the severity and duration.

To hasten the termination of suppuration, poulticing must be had recourse to. For the poultice, I prefer the bread and milk poultice. It must be renewed sufficiently frequent to prevent it drying; and when the change is being made, great benefit is obtained as well as much relief, by bathing the carbunculous formation well with hot water—not permitting chill air upon the sore while wet in the bath. As soon as there is disposition to discharge, apply the following soothing salve: Take simple cerate, beeswax, and resin, of each, four ounces; place in a porcelain lined vessel, and mix by mild heat; remove it from the fire and while it is hot, crumble into it, camphor gum, three ounces. When it has cooled a little, add spirits of turpentine, half an ounce; laudanum, one ounce, and oil of peppermint, two drachms. Stir till it is cold. It is then ready to apply.

The simple cerate is composed of equal parts of pure hog's lard and white wax, and instead of purchasing the ready simple cerate, use three ounces of the lard and five ounces of the beeswax.

Bathe the carbuncle well with hot water, using castile soap sufficient; apply this salve one-fourth of an inch thick, and renew the application once a day. If the above directed medicines are given, and the above directed local dressings properly applied, and nutritious foods supplied, recovery will result, and suffering be much shortened and amelioration obtained. Rest in the recumbent position must be permitted.

CARBUNCULAR BOIL OF THE FACE.

Boils of various proportions occasionally manifest on the face, sometimes assuming some largeness, and disposing to get well quite slowly, in some cases. If of much proportions, like the larger boils on other parts of the body, if permitted to continue to suppuration, it exhibits the "core" common to these formations. There is nothing peculiarly characteristic about them differing from boils on any other part of the body.

If it has not been permitted to progress to the extent that it is evident that it must evacuate by completion of suppurating, apply the following liniment four or five times a day: Add two ounces of camphor gum, to three gills of spirits of turpentine, and one gill of alcohol. In many cases this liniment will disperse the morbidness, thus preventing the unpleasantness of an unsightly scar. To aid in accomplishing this, medicine for constitutional rectifying must be taken to produce free visible alvine and urinary action. For this purpose, the capsules, or some other remedy named in this work which contains podophyllin, glycerine, cascara and sweet spirits of nitre, are effective.

If it has progressed till it is evident that it must evacuate by suppurating, poultice it and dress it, as directed for other carbuncle, and to disperse the aching which usually accompanies it, take the bryonia mixture, directed in the treatment of carbuncle, also.

BOILS.

Boils are a result of perverted excretion. Their appearance is marked by little round tumors of varying size, and are sometimes painful. It is sometimes necessary to apply poultices to them to hasten suppuration and to relieve pain. For this purpose the slippery elm bark meal, linseed meal, or the

bread and milk, may be used. The white pond lily root may be used.

Frequent washings, or bathings with hot water and castile soap aid in hastening the dispersing of them, and also in relieving pain.

In the very early manifesting, the frequent application of spirits of turpentine to them will disperse many of them. The essence of peppermint applied as above, will disperse them frequently. The salve directed for the dressing of carbuncle, serves for these unwelcome guests.

To prevent the continuance of their appearance, direct the excretions into the proper channels—the kidneys and bowels. The mixture directed given for this purpose, in the treatment of carbuncle, may be taken.

Also, when there is a persistence of continuance, the lime water taken daily, disperses the disposition in many cases. To prepare the lime water, pour a little water over four ounces of unslacked lime, let it remain a few minutes and then add a gallon of water, bottle and cork for use. Dose for an adult, a teaspoonful in a little milk, morning and night. Also, chlorate of potassa, a teaspoonful, added to a glass of water, a teaspoonful of the mixture taken three times a day, has stopped their appearance. This may be given in all cases of boils, carbuncle, felon, and suppurating conditions.

If the skin is kept clean, and the kidneys and bowels freely active, manifestations of boils, carbuncles, or smallpox will be of exceeding rare occurrence.

Arctium Lappa, or burdock. This is an old time remedy and very good. Following the taking of its eruptions, boils, and sores disappear. Dose, 10 to 20 drops, three times a day, in a little water. The root may be sliced and placed in water, and supped three or four times a day.

Burdock seed tea, or water from the sliced root, cleanses the system from these morbid matters, preventing their appearance, and dispersing them when present. A large sup of the tea or water from the root, taken three or four times a day, is the usual way of taking it.

FELONS.

A felon is a deep seated inflammation of the fibrous tissues covering the bone of the fingers. It is generally supposed to arise from a bruise or injury, though cases are reported where no such cause seemed apparent. The parts become tender and swelled, and in two or three days usually become so painful that the hand can not be used, and the pain frequently becomes depressingly intense. Suppuration occurs about the eighth or tenth day, but from the denseness of the tissues considerable time is required for the pus to reach the surface.

If the case is improperly treated, and occasionally under any treatment, the bones become so affected as to come away in small pieces with the pus. The finger or thumb presents an undesirable appearance when such results.

In its very early appearance, my husband, Dr. Joseph Cobb, effected a most speedy arrest of them by cutting the finger across the place of attack. It would then heal almost like any other cut, and the long duration of pain, and the disfiguration of the finger was thus avoided.

Many have recommended the application of a poultice of the common yellow clay, moistened with vinegar to the consistence of a poultice. The finger is to be encased in a poultice of the clay, about half an inch thick, and confined closely to the finger with a strong bandage or cloth and let remain for several days. It is reported to effect a cure in three or four days, and with but very little pain. The clay poultice is not to be removed till pain and soreness disappear. The clay is

easily obtained, and is certainly inexpensive enough to be tried, and especially as such good results are promised.

A salve made of soap moistened with turpentine and applied to the manifesting felon, is said to be a certain and painless cure.

Another remedy. Wind a cloth around the finger leaving the end loosely open. Pour into the open end of the cloth, sufficient common gunpowder to cover the affected part of the finger; close the end of the cloth and keep the whole constantly wet with spirits of camphor. This is said to remove all pain in two hours, and to effect a cure in every case and without pain or injury to the hand.

Another remedy. A remedy that is said to stop the development of a felon, if applied as soon as the throbbing is felt, which reveals its presence, is to apply a fly blister the size of the thumb nail, over the point of its threatened appearance, and let it remain six hours, when a blister appears; under this blister it is said that the felon can be seen and may be picked out. This would be far better than suffering the tortures of running the suppurative course, which entails days and weeks of suffering.

It is said that to keep a felon wrapped in cotton and constantly saturated with olive oil, will dispel it, and with but very little pain if treatment is begun early.

Wool soaked in lard and applied to boils, carbuncles, and felons, is said to hasten suppuration, but it causes some pain.

If progression has gone so far that it is ending or about to end in suppuration, nothing can be done but to poultice and hasten to accomplish this. When the discharge begins, any of the salves named in this book, which contain beeswax, turpentine and camphor gum, will be found a proper dressing to hasten the cleansing and healing.

The cases that have come under my care, were too far developed to admit of different treatment than poulticing to hasten suppurating and healing applications to promote repair or cure.

I am convinced from various observations in treating many hurtings of the fingers, that at the first symptom manifesting, if the finger or thumb, which ever is affected, is soaked well in hot water two to three times a day, and the capsules (see remedies in this book), or the powder without being put in the capsules, are taken one every four hours till free biliary alvine action is seen, then one taken every other to every fourth night just before going to bed, that the felon can be aborted without suppuration. Bryonia, twenty drops, to water, four ounces. A teaspoonful of the mixture taken every three hours during the day, I have found to lessen the pain in cases of carbuncle, and felon, and I am satisfied that it also lessened the severity and duration, if not aiding greatly in promoting the cure.

ULCERS.

Ulcers are discharging, suppurating or corroding surfaces, and a variety of symptoms may manifest. Many of the mild forms get well by keeping the surface cleansed, and many others a little more severe heal by applying a little salve, in addition to the cleanliness. When these sores or ulcers progress healthily to recovery, the tissue destroyed by the suppuration is replaced by granulations and are soon covered by new skin.

Other ulcers presenting on weaker parts of the body, or parts not well protected from injurious influences, as on the lower limbs or the arms, usually do not recover so readily. They sometimes become more extensive, and their recovery is hindered from pressure or weight of the upper part of the body. It is frequently necessary to apply a bandage over the limb, if the lower limb is the seat of the ulcer or sore.

The condition of the general health, the habits of the patient, and atmospheric conditions, the condition of the mind, as well as the well nourished or badly nourished conditions of the body, influence the recovery or the continuance of these morbid conditions. These also influence in the recovery of any suppurating process.

When these are not favorable, granulation will fill up the hollow of the ulcer, and it will suddenly absorb or reslough away, frequently leaving a more extensive ulcer or sore than before. Under the unfavorable conditions above described, this disposition may manifest repeatedly, again and again extending beyond the surface level, refusing to cover with skin, and will irritate, and revert back to the unreparing or unhealing sore.

The excretions must be established, and the body nourished in all cases. Washing the part, using hot water and castile soap, disperses this disposition in some cases. Some cases must be treated as directed in treatment for proud flesh, (which see). Other cases may be cleansed, and the ointment or salve directed to be used in this book in treating carbuncle, may be applied.

The Arctium Lappa, or burdock, directed in the treatment of boils, may be given in these cases with good results.

The capsules, or the mixture containing podophyllin directed in the treatment of carbuncle, may be taken, as there directed, for cleansing the system and promoting nutrition, or repair. If this is not done local treatment alone in severe cases proves ineffectual. This constitutional treatment is of prime importance and must not be neglected.

SORES AND DISTURBANCES OF THE NASAL CAVITIES.

There are not many manifestations of sores of any kind found in the nose or nasal cavities that will not get well by applying one or the other of the following mixtures morning and evening:

Take vaseline, half an ounce; glycerine, half an ounce; castor oil, half an ounce. Mix, and add an even teaspoonful of golden seal in fine powder, and one grain of sulphate of zinc. Mix all together well and it is ready for use.

In severer cases add the following to the above mixture: Bayberry bark and bloodroot, of each in powder, half of an even teaspoonful and thoroughly mix with the above. Applying this at night is usually sufficient.

PROUD FLESH.

That condition which sometimes appears when a sore is in process of healing, in which granulations project beyond the level of the surrounding parts, and which forms a red excrescence which is easily irritated and made to bleed, is called proud flesh. This disposition manifests in sores called cancer, as well as in many that are not so called. From observation I have concluded that the condition is due to the reparative feebleness, or a feebleness of the condition of the general health, thus not enabling the reparative process to perform a perfect restorative work.

The condition occasionally proves quite obstinate to disperse, and quite persistent to return, and sometimes when seemingly well dispersed, instead of staying left its appearance becomes visible again.

A mild solution of blue vitriol, applied to the affected part, will disperse it in nearly every case, and a well nourished body will keep it dispersed. When sores, ulcerating processes present,

there is deficient and perverted excretion, and deficient nutrition, and on account of the ill-nourished condition of the body, repairative processes refuse to go on, or are very slowly performed. After the application of the above, dress with the ointment or salve, directed for treatment of cancer. Castor oil applied after the above solution, is frequently all that is needed to continue healing.

GANGRENE.

In cases of apparent gangrene from exposure to cold, to make cold applications especially immediately after its manifestation is injurious, is harmful; apply hot water instead. Then bathe the parts frequently with camphorated wine. The following is also a good application to these afflictions: Hot water and a little spirits of camphor added, using the water as hot as can be well borne. Spirits of turpentine, applied alone if the part does not dispose to easily blister, or if blistering is easily effected, add a little castor oil. These applications are efficient, in most of these cases. For gangrene in a sloughing or suppurating condition, cleanse the part with glycerine, and rinse with water, to a pint of which has been added two drachms of tincture of benzoin. Then apply a plaster of the salve directed in the treatment of carbuncle. Or, the following: Take lard or vaseline, two ounces; camphor gum, one-fourth of an ounce; (dissolve the camphor gum by heat in the lard) and tincture of capsicum, half a drachm; tincture of benzoin, one fourth of an ounce. Mix, and apply.

RING-WORM.

Ring-worm manifests on persons who are badly nourished and in some cases when appearing on the face, it is due to using too much soap on the skin, thus keeping it robbed of its

nutrient, also, to too much remaining indoors, and too little bodily exercise, and to exposure to cold causing congestion.

The patient must be nourished with nutritious foods, outdoor exercise taken, and the excretions by kidneys and bowels promoted. Add tincture of benzoin twenty drops, to half a glass of water, and rinse the face with it three or four times a day. This, in addition to the above care of the health, it is very seldom that anything else is necessary. Occasionally some complication may exist; in such case, in addition to the above care, lightly touch the part with a little iodine.

RING-WORM.—OTHER RECOMMENDATIONS.

A mild solution of blue vitriol, applied to the affected parts, is said to disperse it. I have not used the remedy for this purpose.

J. F. Reilly, in the *British Med. Jour.*, recommends common salt for the cure of ring-worm, his attention having been attracted to it by observing children so affected who were sent to the seaside, rapidly improve. A strong solution of the salt applied at night, and washed off in the morning with a solution of borax. A cure being effected in less than four weeks. (*Canadian Practitioner.*)

Raw Irish potato, rubbed over ring-worm two or three times a day, has cured it in a very few days.

SCALD HEAD.

There are two manifestations of this affection, one which manifests in minute pustules around the roots of the hair, the pustules usually increasing in size and number, till large surfaces are covered. This variety continuing to progress, manifests a very offensive odor as suppuration increases.

The other variety remains dry, though scaly scabs appear. The first manifestation yields readily to the following treat-

ment: Wash and cleanse well, the affected parts, with soap and water; (if the old fashioned leach lye soap can be obtained, the better). Dry the hair, and then apply the following: Take pure hog's lard, two tablespoonfuls; sulphate of zinc, two grains. Thoroughly mix, and apply to the sores, or parts. The fourth or fifth day, cleanse the scalp again, as above and make a second application. Rarely a third application is needed. This effects a cure without the loss of the hair, the hair not needing to be cut nor destroyed. The application may cause a little smarting, but a little pure lard applied, will disperse the smarting; and for the saving of an elegant suit of hair, a little smarting can be endured. The above information was given to me by my husband, Dr. Joseph Cobb.

In the second variety it is frequently necessary to poultice the parts with a poultice of linseed meal, before applying the ointment directed for application to the other exhibition. A capsule, or powder (see remedies in this book), taken as directed in remedies, should be taken.

SALT RHEUM, OR ECZEMA.

In this disease the minute blood vessels are congested, causing the skin to be more vascular and sensitive to injurious influences, and it remains redder than in the healthy state. There is frequently an itching and smarting sensation of the affected parts and the skin occasionally becomes raised in the form of little pimples and a watery substance exudes.

It usually attacks the hands and feet, and while some occupations favor its development, they do not wholly cause its presence. Use corn meal or oat meal instead of soap, to cleanse the hands or parts on which it may appear. Rinse the parts with hot water, to half a teacupful of which has been added twenty drops of tincture of benzoin. I have cured many cases

of long standing with this treatment. Lloyd's Asepsin Soap may be used freely in washing the affected parts, following a soaking bath in hot water. This soap is valuable in many skin sins.

Some of the skin pimples may be cured by gently touching them once a day with the following, every day for not more than two or three days: Rub one grain of corrosive sublimate into one ounce of glycerine. The glycerine prevents to a degree the absorption of the corrosive sublimate into the system, yet leaves it to act on the surface. Corrosive sublimate is poison.

MILK CRUST.

One of the ugly skin sins, usually called by the above name and "milk scale" and "milk scab", appears over the head and face of some children. It appears in pustular eruptions over the scalp, about the ears and parts about the head and frequently on the hands. The little pustules discharge a yellowish sticky fluid which dries, forming a continuous scab, matting the hair together. It is accompanied with itching and burning.

The bowels are usually constipated, but the child does not appear to be much otherwise deranged in health, frequently, till the annoyance has continued for some time, when glandular and follicular enlargements manifest.

Its especial peculiarity or cause is not well understood. It has been attributed to filth (which attribution covers up so much ignorance) but it is certainly the filth *inside* the body in this case, as well as in many other diseased conditions, as the exudation comes from within.

I have succeeded in curing some cases by giving the podophyllin powder sufficiently frequent to keep free alvine action, and having the parts kept cleansed and applying the following twice a week: Take sulphate of zinc, one grain; lard, one ounce. Mix and it is ready for use. After washing the parts, rinse

with water to which a little benzoin is added, then apply the above preparation.

If there has manifested glandular enlargement, give the polymnia uvedalia mixture directed in treatment of pneumonia.

BED-SORES.

Bed-sores manifest on parts of the body exposed to long continued pressure, to filthy nursing, or a combination of both. They may manifest during the progress of any disease necessitating long confinement to the bed, or rest in one position. Sores appearing due to pressure alone, the power of resistance is low, and the circulation enfeebled, and obstruction to circulation results from the pressure; and in consequence the part becomes virtually dead. Inflammation and ulceration soon follow.

There are premonitory symptoms to this condition, the patient usually complains that the bed is hard, or of some roughness or unevenness of the bed or bed dressings under them, and of a numbing sensation in the part at the site of pressure; or if filth is associated with the cause, of a stinging, smarting sensation in the part.

The part for sometime after the above manifestation may not exhibit any appreciable difference or change in appearance. Discoloration from the red to the dark livid red, and then sometimes a further change to almost black, generally appears.

The significance of their appearance, from whatever cause, is unfavorable, though cases sometimes appear in which the patient recovers, and the sores heal. The healing of the sores depends on the returning health of the patient. While the patient is making no progress to recovery, or return to health, reparation, or health in the sores cannot be effected.

In cases that in the nature of the existing sickness it is evident the patient must remain on the bed a long time before recovery can be expected, attention should be directed to adjusting the bed furnishings to prevent, if possible, bed sores from developing. And daily watching necessary to detect the condition of the patient.

The parts may be mildly rubbed, and tincture of arnica applied, or a little bay rum and olive oil, is also valuable. Tincture of benzoin, one part, and water three parts, makes a good application for removing soreness from the parts. Whisky applied to the parts, is said to aid in preventing their appearance.

It is said that lanolin freely rubbed into the skin on parts exposed to danger of bed-sores, soon as redness or tenderness appears, prevents further development.

BURNS AND SCALDS.

There is no remedy known that equals vaseline as a dressing for the cure of burns. It may be applied to blisters, or where the skin is burned off, and gives quick relief. It should be applied at least half an inch thick at the first dressing, and covered with new unwashed cotton at least one inch thick.

Next in value to the above is soda—the common baking soda. Moisten the soda with cold water sufficient to make a plaster, and apply the soda next to the burn. It must be kept moist with cold water until the pain subsides, after which dress with vaseline, if the burn is sufficiently severe to require it.

Another remedy. Beat the yolk of an egg and apply, keeping it in place by means of a cloth. This is said to give immediate relief.

BURNS FROM GUNPOWDER.

Cleanse off the gunpowder with equal parts of glycerine and hot water, dry the surface with a soft towel, and then apply vaseline half an inch thick and cover with fine new unwashed cotton one inch thick. This dressing may be renewed every day, after cleansing the part as above directed.

Prof. Gunn's Remedy for Burns from Gunpowder: A poultice of common malasses and wheat flour applied over the burnt surface. He stated that it is the best thing that can be used, drawing the gunpowder to the surface and keeping the parts so soft that formation of a scar does not occur. And, that in cases where the skin and muscles had been completely filled with the burnt powder, the parts healed perfectly, and without leaving the slightest marks to indicate the position or nature of the injury. Cleanse the parts once a day, with hot water and castile soap, and apply a new plaster.

SORES OF VARIOUS TYPES.

The term, *sores*, is applied by many to any form of manifestation of the nature of sores, as ulcers, boils, or any suppurative process forming injury. This use of the term *sore* is quite proper.

An ulcer is an open faced sore on some part of the body, and may be smaller or larger, and frequently shows but little disposition to heal without assistance. They may result from scrofula, from varicose veins, from the use of mercury, from simple engorgement of the system from retained effete materials that should have been excreted from the body by the kidneys and bowels, or from injury.

They may manifest an irritable and painful accompaniment; or, a corroding, or eating, which is manifested by a tendency to enlarge over the surface and in depth; and others

that are termed indolent ulcers—those which present a hardness, and are very slow to suppurate or get well or worse.

In whatever form they may present, cleanliness must be obtained. Castile soap and hot water forms a cleansing medium adapted to all, and is both tonic and antiseptic.

When ulcers or sores of any variety manifest on the body, there is undue degeneracy, and deficient elimination of effete or morbid materials, and deficient excretion, also deficient nutrition. To be able to effect a cure, excretion must be kept free, and the body must be nourished; without this, a cure cannot be effected—the repairative processes cannot go on. For removing the morbid matters from the economy of the body; and promoting repairative processes, increasing the appetite and favoring nutrition, see elsewhere in this book in treatments of various sores.

See ointments and salves elsewhere in this book.

SORES OF VARIOUS TYPES.

In conditions where sores, boils, or any formative processes with indicating disposition to form pus and suppurate, when the condition is beginning to manifest and the enlargement is yet hard many of these formations may be prevented from coming to an open sore by taking the medicine elsewhere directed to promote excretion, and either of the following: Take *phytolacca*, five drops, and water four ounces. Mix and give a teaspoonful every two hours during the day.

Also, take *polymnia uvedalia*, one drachm; glycerine and olive oil, of each two ounces; water, four ounces. Mix and give a teaspoonful of the mixture three times a day.

Bryonia, ten drops; water, four ounces. Mix and give a teaspoonful of the mixture every three hours during the day. This has also been of much assistance in dispersing the formations.

DRESSING FOR BED SORES.

An excellent dressing for bed sores, sores on persons who are emaciated, persons whose vital energies are very much enfeebled, those of advanced age where from the natural decline of the vital powers the reparative processes are slow, the following acts kindly: Take of bees-wax and lard, of each two ounces; resin benzoin, two grains. Mix, and after bathing the parts with hot water apply the salve. In a few days a marked improvement will be visible, the torpidity of the sores and the hardness will disappear, the pus will discharge where there has disposed to such formation, a healthy appearance will manifest and healing will progress.

In the squalid abodes of cities, crowded with starving humanity, nearly naked, and as good as unhoused, and without means of cleanliness, almost every manifestation of disease presents. Among this class manifests a form of skin affection exhibiting a papulous form with dark discolorations. For these cases the following serves a curative purpose and is inexpensive: Take sulphur and salt, of each two tablespoonfuls, and add this to a gallon of water. After the parts have been cleansed with water and soap rinse the parts with the above mixture.

For cure of injuries, bruises upon the eyes, saturate a piece of cotton, or folded cloth of three or four thicknesses, with tincture of arnica, spirits of camphor, hamamelis, calendula or a mild tea of capsicum, and place on the affected part. Moist over the affected part with castor oil, then apply the above.

Lupulin ointment: Take lupulin, one ounce; lard, eight ounces and mix together. This is said to be an excellent preparation for application to painful and malignant old sores, and many other cutaneous ulcers presenting painfulness.

Ointment to remove nodulated formations, or fungus growths, and gangrenous manifestations: Take hog's lard,

two ounces; sulphate of zinc, one grain. Mix, and apply a small portion to the affected parts, after having cleansed them with hot water and castile soap.

Where there are eruptions on the body, any part, that exhibits a tendency to continue forming pus under a crust-like scab, wash the parts well, using hot water and castile soap, dry, and apply the following: Thoroughly mix three drachms of tincture of benzoin, with an ounce of vaseline, and apply freely to the parts.

Sugar is said to constitute a most valuable dressing for ulcers and wounds, causing cicatrization, or healing to take place rapidly. It is directed not to renew the dressing oftener than once in two or three days.

Oiled silk is considered the best covering for dressing wounds. A clean cotton cloth answers quite well in many cases.

PARASITES.

Parasites are occasionally found upon the head or some other parts of the body. With some few individuals they seem to be welcome companions, but with the cleanly class they are exceedingly repulsive. Though their nativity is among the careless, by accident any one may be so unfortunate as to get one of them, as they scatter in school rooms, street cars, hotels, and even get so pious as to go to church; they attend lectures, concerts, theatricals and many places of prominence, and are one of the *contagions* that deserve quarantine.

Cleansing is the prevention and is much easier than dispersing them. There are two varieties of them, one of which remains upon the head and one confines to other parts of the body.

To remove these parasites from the head, moisten the hair with coal oil, then, with a very fine comb, every vestige of both louse and nit can be dispersed from the scalp and hair. Or small portions of blue ointment placed through the hair near the scalp will kill them.

The blue ointment applied to other parts of the body where parasites have appeared, will also destroy them. A portion should be placed in the seams of the clothing. This is poison.

Oil of sassafras applied is said to destroy all varieties of these parasites. Care must be had to not place it in contact with sensitive skin or a sore. It causes a sense of burning, but which may be allayed by a little olive oil, castor oil or lard.

Plentiful grease or lard applied to the head and hair, is said to disperse them from the head.

SEVEN YEAR ITCH, OR PRAIRIE ITCH.

The disease is too well known to require description. The following treatment is a certain cure, and can be provided and applied by any one: Take sulphur, six ounces; lard, twelve ounces; soda, six drachms. Mix thoroughly. Apply sufficient quantity over the skin, at night, and sleep in a loose gown; the next morning, with a dry towel remove the surplus ointment that may be remaining on the body, and dress. Before retiring at night wash the body with strong soap-suds. It may be necessary to repeat the treatment once or twice, though it is rarely necessary to do so. The old fashioned leach lye soap serves best for washing.

PART FOURTH.

AILMENTS OF WOMEN AND CHILDREN.

WHAT WOMEN AND MEN SHOULD KNOW.

Men and women entering upon life's active stage know less of the care and needs of their physical bodies than any other essential subject. There is nothing people so love as life, hence the women and men should understand the care, structure and function of their bodily economy, and the cure and prevention of disease. Especially should woman be well supplied with this knowledge as from her position in life she is the doctor of the human family.

None of these subjects are beyond the comprehension of any person of ordinary intelligence, and are perfectly proper for the most refined woman or man to thoroughly understand, notwithstanding the public has so long been instructed to believe the contrary. I do not wish to be understood as believing *that every man can be his own doctor*, but I do claim that every woman who has a family is and *must be doctor* to her own family.

WOMAN.—HER MISSION.—HER SPHERE.

Woman's mission in the world is very similar to man's—life, liberty, and her sphere the pursuit of happiness. Any business position, occupation, calling, profession, or place in

which woman can best attain life, liberty, and the pursuit of happiness is rightfully her privilege to enter and pursue.

To insure her protection in this, it is not only her *natural* right but her personal duty to have a voice in the making of and administration of every law by which she must be governed. And taxation without representation is no more rightful for woman to submit to than man. Woman in the business arena of man's monopoly acquits herself far better than man can or does do in the business arena that has been relegated to woman.

Notwithstanding that woman has been cramped in opportunities for enlightenment and development, has been relegated to the menial drudgeries of life, unhonored and unremunerated, man owes all his best goodness to woman. Man fills the pulpit, woman is the minister of the gospel. It is not man's pulpit-sermons that turns the erring into the paths of purity, it is the sermons of woman in less conspicuous places. In all history the grandest achievements have been reached by woman. Man may attain acute perception, but woman possesses it; he may attain patience and fortitude, but woman is the embodiment of it; he may assume constancy, piety and devotion, but it is woman's very being. Columbus discovered America, but a woman equipped him for it; Howe made a sewing machine, but the hand of a woman guiding the needle through and through the cloth, gave him the plans for it. It is not only all the good that man attains in this world that he owes to woman, but the salvation of his soul in the better world; it was woman that prepared the "Lamb that was slain for the sins of the whole world" in the birth of Christ. Boasting Peter and the other disciples forsook their Lord, but woman stood by the expiring Jesus; woman embalmed his body; she was first at the tomb and first to discover that He had triumphed

over death and the grave. To a woman *only* was the Divinity of Christ really and in fact known. Christ revealed himself to a woman first after the resurrection, and sent a woman to preach the first resurrection sermon—to give out the first glad tidings. If this Christ-story is true, it gives food for thought. Man has been applauded for his victorious blood-shed, for the martialing of thousands of his fellow-beings in battle array, has had millions of money entombed in marble and stone to his memory for the perpetuance thereof, but the glory that belongs to woman scorns such vicious pageantry and so outshines it as to banish it into obscurity.

Woman having the courage and ability to conduct business on her own responsibility, thus providing for herself the honest and independent comforts of life, is worthy of the highest respectful admiration. Possessing this ability does not make her rough and unpleasantly masculine as some assert, but decidedly the contrary, as is manifest to every observer. These women are more gracious, artistic, and delicate in tastes, and more liberal in philanthropic sympathies than the women confined to the narrow sphere of the average wife and mother.

Woman has as much natural aptitude for business as man; she is not more easily discouraged than man; given an equal chance for development, she is man's equal as seer, prophet, or keen reasoner; sagacity is no more a natural endowment to men than to women; and women's intuitive judgment is frequently superior to men's reasoning. How there can be, *by nature*, such difference in the intellectual capabilities, or capacity of the sexes of the human family, as the world has been educated to believe, is beyond the comprehension of even ordinary common sense. If there is a superiority in the *natural* endowments of one over the other, it must be admittedly in

favor of woman, and which no careful and unprejudiced observer can deny.

The biased manner in which woman has been placed before the world, by man primarily and chiefly, bespeaks a deplorable selfishness.

That men do not like to meet women as compeers in life is not to be wondered at, when we take into consideration the number of centuries she so submissively allowed herself "held to labor" as the black slave of the slave trade times.

Woman's hesitancy to enter into business on her own responsibility, is not by any means, wholly resultant from inability, unwillingness, or lack of confidence in her capabilities to work; her hesitancy comes from her having to keep constantly on the *defensive*. It is hoped, however, that the acme of the struggle of man for supremacy over woman is past, that in his past treatment of woman he did as well as he knew, and that life in the future instead of being a battle of the sexes as it has been, will be one of mutual happiness and mutual betterment.

WILL THE NEW WOMAN MARRY?

This subject is much agitated, and an exhaustive enquiry is being stimulated. Every effort is being made to expose every feature of the business woman's life, both private and public, her likes and dislikes, to the cathode rays of public enquiry, and are being subjected to the keenest scrutiny.

Marriage was for many generations the only occupation open to woman, and in addition, did she not marry she must bear the obloquy of being an "old maid" which to be, no sin was greater. But other avenues of occupation have been forced open for the admission of woman, and marriage has lost in exactly the same ratio; to be more explicit, women who were

compelled to marry because they were barred from having anything else to do, are entering the more congenial fields of labor.

The new woman, being now permitted to enter the commercial fields, thus being able to make and provide a home for herself, will not hasten into marriage as have her untutored sisters. Her temporal and intellectual comforts being provided for, when she does marry, it will be when she has reasonable evidence that her comforts and happiness is not so materially diminished as her sisters' have been. The result will be better for the human family. The comfortable, respected, loved wife, hence contented and happy, the happy home, fewer children, better raised, the result will be better citizens of this beautiful world.

The new woman calls for a new man. The new man will manifest the manners of a well-bred gentleman in the home in the presence of his family, and his walk will be as stately and with as much elasticity about his home—as in some other body's parlor. Coarseness, grossness, vulgarity and untidiness, will not denote him in the home circle. If there is any place on earth where there should be gentility, kind and lovable disposition and sweetness of facial expression, it is certainly in the home.

The new woman, having recognized a higher sphere of intelligence in which she can properly and profitably range, having learned to regard things and conditions in their true light, in short, having learned life and its necessities, business and its possibilities, has ceased to be satisfied with being an enchanting toy with which to throw away an idle hour, or being chamber-maid and kitchen-girl—matters of convenience and menial servants with no more recognition than a cheaply obtained machine which is praised for its utility, and no more financial reward than the few crumbs she may find time to eat.

Woman is and must be the mother of the world; she is really the fountain source from which that which starts forth must come, and in the play of life all else are simply side helps in making up the sum of the completed whole—life, or the completed product. Hence, the new woman has been awakened to realize that she owes to the world the *best* product that can be given, and that to be able to supply the *best*, she must know much of life's needs, must know much of business and its possibilities—that she must know something of the *proprieties* from an unbiased point of view—from that standpoint which gives just recognition to her *intelligence* as well as her humility in serving, and that all of this requires the highest degree of intellectual development and truly refined education.

To obtain this costs a *price*—the price is earnest, honest, laborious and persistent effort; its possession is of unmeasured worth, but they who will pay the price may obtain it.

The man and woman will then be *companions*—will with each other work hand in hand to make life and home for each the best they can, and their loved children will swell the throng that worships the Deity with praise and song.

The new woman, however, will read the Bible and place her own interpretation upon it which she has as much right to do as any male minister or commentator has. When she reads that book she will be surprised to find the *truths* there so different to that which she has received from the interpretation put upon them by males.

The new woman will know more of her duty to God, to herself, and to the human race. Hence, the new woman will create a demand for a new man—for a man who is willing to treat his wife as well as himself—a man who will permit his wife an allowance of the income without her having to *beg*, or

having to steal from his pockets while he sleeps, or thief by means of a magnified grocery bill, thus laying the foundation character of a thief, burglar, robber, in the new-being—a man who will not compel his wife to bear children so rapidly and continue bearing them so long that her body is kept in such torture from over-exhaustion from giving off life to new beings and the sufferings to her body from the over-taxing labor necessary in caring for them in their many years of helplessness, that for relief from further increase of torture, her sufferings and over-taxings drive her to thoughts of depriving the maturation of more new beings—and thus by revolving and studying over such, lays the foundation character of the future murderer.

When the new woman is fully evolved the marriage institution will be changed from one of prostitution to one of virtue, it will cease to be the slavery of woman; the married woman will possess herself body and soul, in short, she will not be forced to live the criminal life that her sisters of the past have, who have received as true the false interpretations put by man upon the book claimed as guide book, the Bible, to justify himself in his own vicious and sinful inclinations, and who has forced woman to live according to his interpretations. The day is past for woman's prayers to reach no higher than man's head. The flood-gate is open and woman's prayers reach the Throne of Grace—the God upon the Throne. She now no longer need plead Tell-like at the feet of Geslers.

MARRIAGE.

The institution of marriage dates from the creation of male and female—from the creation of the human family—God, the creator, officiating in the ceremony, and the subjects but one man and one woman.

Without marriage there can be no family, no country, no home, no posterity, no society. However, the married state

should not be entered into unadvisedly, as to marry is to assume heavy and important responsibilities. It is not a panacea for mental feebleness, shiftlessness and moral turpitude. Marriage is entered into by many for the sole purpose of having a place where the party who enters it can do as he or she pleases, no matter how disagreeable it may be to others concerned, and at the least possible paying for value received, there being nowhere else in all the world besides where so much dare be asked and so little given in return.

There is no position in which a woman may be placed that she is so utterly helpless and dependent as in the position of wife and mother. The environments of household cares and the bodily helpless condition of motherhood prohibits her from entering or engaging in commercial pursuits to provide for herself the necessary temporal comforts or the gathering together the materials for building a home or the preparation for the necessary comforts for the time when her body, from the exhaustion resulting from motherhood, and the household work, she shall be unable to take up the taxings of labor necessary for such production; hence her condition in the position of wife depriving her of her own resources, she must resign to be hopeful—hopeful that the man she has accepted as husband will industriously work to support the home he has created.

Inasmuch as man and woman are natural companions, if the two do their utmost to make the married state as happy as possible, in which state they have interest in common, the highest degree of happiness should be attained. To insure a degree of happiness and harmony, there must be congenial ages, tastes, temperaments, and compatibility—a lack of harmony and sympathy, and mutual confidence will very likely end disastrously. A man has every reason to trust his wife, and he should so conduct himself as not to create dis-

trust in her mind. (Once created it is rarely banished, however much she might wish such to be the case.) A woman is as jealous as she is confiding, and to escape the suspicions of his ever watchful wife, the husband cannot be careless of his moral standing. Let a man arouse the jealousy and mistrust of his wife, and he will certainly be rewarded. However, his wife, if he conduct himself as he ought, will stand by him to the end.

Woman has not the opportunity to learn the true character of man before she marries him that man has to learn of woman, hence the woman is the more frequently deceived, and having been taught that she must be "subject to her husband and that he should rule over her," and that a divorce is an irreparable disgrace, many have silently endured tortures innumerable till relieved by death.

Man claims to be the representative of woman, but he has pretty generally proved that he is representative of her only in so far as it conserves his own personal interests, as the black slave-holder represented the slave—seeking every turn to more firmly bind her to menial servitude and make her more defenseless, asserting himself as woman's proper dictator and law-giver, permitting her to go thus far and no farther.

THE CHANGE.

The modern girl is a great advance on the maids of a generation ago. The modern girl is out and about, getting an insight into the world and its ways. Freedom and fresh air make her self-reliant and healthy in tone, and instead of the hysterical, sickly, sentimental tear-shedder, we have sensible and capable women of intelligence who make good wives and competent mothers, who can understand the difficulties of life and can act as both chum and partner to husband, and it is

no uncommon thing to find wives as capable of business as husbands.

Many wives of the past had so little knowledge of the world that when deprived of their husbands' support they were quite helpless.

THE EDUCATION OF THE DAUGHTERS.

The education of the daughters should be as broad and liberal as that of the sons, and of both it should be as broad and liberal as possible to attain. It is as much the duty of parents to make it a prime factor in the education of the daughters to qualify them to earn their own living at honest labor—trades, professions or arts, and to plan for their own temporal welfare, not only for their present needs, but when the period of their life arrives when by the natural decline and wear-out of physical and mental vigor, they shall be no longer able to work, as it is to thus educate the sons.

A woman being qualified to make her own living and look after her own personal welfare, does not deprive her of any of the christian graces, but in lifting her from the demoralizing slough of dependence, to that of independence, the christian graces have the better opportunity to develop into perfect purity. And a woman who is acquainted with the problem of bread-earning—the struggle for existence, understands what to expect from possibilities, and is also better able to aid in managing and working out the problem.

The great error of keeping women ignorant of the commercial problem of bread-earning, is seen in those cases where those who have not this knowledge have been left property or money which in their untrained control melts away like a feathery snow under a July sun.

MONTHLIES, OR CATAMENIAL FLOW.

The catamenial flow, menses, menstruation, are terms given to the monthly sanguinous discharge from the female generative organs. Its appearance is considered to mark the development of the power of reproduction, or puberty. It is not essential that the color of the discharge be red—it may be white or colorless as water. The time of life at which it appears varies from the age of fourteen to twenty years; a few cases are met that it appeared at the age of eleven years. The climate, hot or cold, is supposed to modify its appearance, the hot climate hastening and the cold retarding its appearance. It usually disappears at the age of forty-five years, though cases are met in which it disappeared earlier as well as continuing much longer. The writer met a case in which it continued till past sixty-three, and one in which it discontinued at the age of thirty, though both of these cases are rare.

The appearance of the catamenia is periodic, it appearing about every twenty-eight days, or thirty or thirty-one days. It varies from one to eight days in continuance, and from one to eight ounces in quantity, various causes modifying this, chief of which is the temperament of the individual; an atonic condition of the system in the sanguinous, and the lymphatic temperaments will increase the flow, while the atonic condition in the bilious-nervous temperaments may, and frequently does suspend its appearance altogether. In the first two temperaments aboved named, the flow is usually greater than in the last named. Excessive exercise, by breaking down the general health placing the system in an atonic condition, modifies the discharge. Preceding its first appearance the subject appears more reserved, dignified and sensitive, and the mammary glands of the female begin to enlarge. The voice changes, and the mental aspirations, fancies, likes and dislikes, also change.

This transition is not the cause of diseased conditions or a deranger of the health, though diseased conditions already existing may, and frequently do appear more prominent, and also, abnormal conditions ameliorate or disappear altogether, the system appearing to take on new vigor, or greater ability to continue life occasionally manifests.

The requirement of a greater amount of sleep, which manifests and accompanies the transition stage in both males and females, is due to the greater or increased activities of the system, hence requires more sleep for rest, and this should be permitted—the *night hours* for sleep must be increased, however, and not take up the habit of day-time sleep.

Those persons whose bodies have been well nourished, well fed, whose habits of excretion have been kept active, the body well clothed and clean, sufficient muscular exercise taken, (not over-work, however), and surrounded with pleasant environments, the transition is placidly passed, the system admirably adapts itself to its new requirements, and needs no interference, meddling or botherment whatever, other than attention to the above mentioned conditions of the general health.

Various theories are entertained by different writers and doctors regarding the origin and function of the catamenia, many of which theories are more amusing than sensible, especially so as opinions emanating from *scientific* research. Chief of these opinions are that its appearance is due to “degeneration and disintegration of the mucous membrane of the uterus,” and many others consider its appearance due to causes as vague.

This function is simply an *excretory function*—the excreting of the useless materials of the reproductive economy or function, as the urinary organs and bowels perform this function from the general economy. And the excretion may, or may not appear, its non-appearance not being harmful, as the non-

appearance of the other excretions. This excretion varies in quantity in the males as in the females, but never reaching the same average quantity in the males as in the females, for reasons peculiar to the difference in the functions of the male and female in the function of reproduction. The discharge from the male is colorless, or comparatively so, and is of the same periodic nature as in the female.

In both male and female it is simply a natural provision for the healthy well-being of the economy of the reproductive organs and for keeping this part of the body in harmony with the general bodily economy. Its not appearing in the female during gestation, or pregnancy, is due to this force—if it may be so called, being consumed in the building of the new being, hence does not appear as unused, useless or effete material. The function of these discharges is one of God's special provisions for preserving the welfare of the economy of the reproductive organs, as the alvine, urinary, and sweat excretions are provisions for the preservation of the general bodily economy.

This function appears wholly without any reproductive impulse, also the desire for or reproductive impulse may and does appear, when this manifestation is entirely absent, and also impregnation and gestation, as there are many cases where no menstrual discharge appeared during the entire child-bearing periods which continued over twenty and twenty-five years, and also cases have been met in which no menstrual discharge had manifested, yet the woman became a mother.

Deviations from normal rectify by placing the general health in normal condition.

Mothers and those who have the charge of young girls, should not neglect to instruct them regarding this function, and direct them in regard to the observance of cleanliness at this

time, and the father or mother should direct their sons regarding their new developed self, that they may not be led into error by the unscrupulous, and their lives made wrecks of.

PERSONAL CLEANLINESS OF GIRLS.—ALSO WOMEN.

The strictest hygiene and cleanliness should be observed by girls during the catamenial flow—also by women. Many girls, and women also, are a nuisance to themselves and associates as well, at this time. There is no reason why these parts should not be kept clean, and too, without unnecessarily directing too much thought to them. Want of cleanliness of these parts gives rise to irritations which may develop into serious disease, as this discharge is a natural excretion of useless material from this part of the bodily economy, and like the other matters of the body of this nature is offensive. A sponge or mat (A mat can be made by placing cotton between cheese cloth, or other fabric, about three or four inches wide by ten or sixteen inches long, and closing the edges of the cloth neatly), placed over the mouth of the vagina and held in place by a T shaped napkin properly and securely applied, should be used to receive this discharge and prevent soiling of body or clothes. One dozen and a half of mats and half a dozen napkins are usually sufficient. These mats should be changed from twice, to three or four times daily, according to the freeness of the flow, and the parts as thoroughly cleansed as can be done with a sponge or cloth. The writer does not approve of injection at this time. Nature cleanses the parts unreachable by a sponge, by her own method, and especially in girls, and injections in cases of girls are unnecessary and injudicious meddling, as a rule.

The Victoria, an article of most elegant utility for service at these manifestations, can be purchased ready for use.

The loud offensive odors manifesting at this time are due very largely to a general retention of abnormal matters that the getting rid of has been too long neglected, and by permitting the discharges to remain filthy about the parts. Strict attention must be given to the excretory function of the kidneys and bowels that they are kept active. Then with properly cleansing the parts as above directed, the subject can be kept endurable. The entire body may be sponged with hot, or warm water and soap, any season of the year without injury or danger of taking cold, if the room in which the bath is taken is properly warmed and the chill air not permitted over the body while the surface is wet and bare.

A teaspoonful of chlorate of potassa added to a glass of water, a teaspoonful of the mixture taken two or three times a day, disperses offensive odors, but the above directions are the best methods.

THE MONOPAUSE.

The monopause, more commonly called "the change of life," is the arrival of that period of life in the female of the human family, when the power to bear children has ceased—or has completed its mission—that period when it ceases to be active. This, like the entering upon the child-bearing period of life is a plan of nature, and should be passed as unconsciously as a restful night sleep, and really would if the woman was properly preserved and her body undisturbed.

Much of the morbidness presenting at this time, in fact about *all* of it, is not due to the cessation of menstruation or child-bearing, but appearing at this time is attributed to it.

The monopause appearing at what should be middle life, women should enter upon post-menstrual life in vigor of health of both body and mind. But such is the exceedingly rare case,

much more frequently the woman is a wreck both physically and mentally—very few women reach the monopause with well poised body, nervous system, or mind. This is due to the over-taxings, of excessive ovarian or sexual excitations, physical exhaustion from the demands upon her body in giving nutriment off to too many children, and the excessive wear both bodily and mentally in the care of them, long continued loss of sleep, poorly fed, poorly clothed, and over-worked generally; the whole fiber of the being has weakened by constant expenditure of vital force beyond the nutritive income to balance or replace, and additional worriment may cause reason to totter and fall.

Women are permitted no time for recuperative rest of either body or mind. Women who are complained of for their change from being good mothers, affectionate wives, and careful house keepers, have simply had life crushed out by long continued service; and when the good qualities have been forced to slacken, the woman is branded as “insane” and “a she-devil,” when in fact the lack of rest, recreation and kindly treatment is the only thing wrong.

Some marked changes that manifest at this time are not due to the cessation of the menstruation or child-bearing, but to neglect of proper attention to the general health; excretions are permitted to become sluggish, rest and exercise improperly regulated, and nutrition becomes feeble. The abdominal deformity—unduly large abdomen, appearing at this period of life, is largely due to deficient excretion, and improper digestion which produces gaseous accumulations; and these gaseous accumulations may enter the circulation, and may exude or leak out, as the fluids in conditions of dropsy, thus producing distension or over-bigness all over the body, and which condition may be found to be true, by massaging over the body or some part of it, which may be over some part where there is

uncomfortable feeling or pain, when it will be noted that the patient will belch thus throwing off gas from the stomach.

The mixture soon directed which contains podophyllin and cascara, taken as there directed, will restore to normal condition, or a capsule (see remedies in this book) may be taken one at night just before going to bed, and a dose of Garfield Tea taken the next morning before eating, for three days, then twice a week. This will give the cure.

Occasionally a sensation of quickening is experienced causing the woman to imagine that she is pregnant. This may be due to inactivity of the urinary organs, to a constipated condition of the bowels, or it may be due to sexual intercourse, which most certainly should not be indulged in at this time, it always being fraught with injury to the woman.

Excessive hemorrhage appearing at this time is due to over-relaxation of the system. This may be due to excitation of these organs, to impoverishment of the system, or to retention of the debris, detritus—excretions from economy.

When excessive hemorrhage, or flooding manifests, administer a hot water sitz and foot bath, and give internally the following: Essence of cinnamon, one-fourth of a teaspoonful, and oil of erigeron, ten drops in syrup or water, every fifteen minutes, in severe cases, in milder cases every half hour, lengthening the time as the hemorrhage checks. The patient must rest in the recumbent position. The general treatment must be directed toward building up the general health, supply liberally nutritious foods, and permit undisturbed rest in the recumbent position.

To establish and regulate excretion and favor nutrition, the following admirably serves the purpose: Take fluid extract of cascara, aromatic, and glycerine, of each, four ounces; tincture

of buchu, one ounce; simple syrup two ounces, and podophyllin, two grains. Mix. Give a tablespoonful of the mixture every night just before retiring, for three nights, then every third or fourth night, or twice a week, till health is restored to normal condition. If the appetite is absent, three drops of tincture of gentian, in a teaspoonful of water, taken three times a day just before meals, is an efficient appetite persuader. Also an orange eaten before breakfast is an elegant appetite improver.

Dropsy frequently manifests at this time. It is due to an impoverished condition of the general system, and retained and perverted excretions, especially the urinary excretions. If dropsy is manifesting (it usually appears in the feet and ankles, first), a hot water sitz and foot bath must be taken daily. Add two ounces of tincture of buchu to the cascara mixture, above named, instead of one ounce, as above directed, and take a teaspoonful of the mixture every three hours till four doses have been taken, then take a dose every third or fifth night, till recovery. Nutritious food must be supplied.

BOYS' CHANGE.—FROM BOYHOOD TO MANHOOD.

From some unaccountable reason no attention is given the boy's health or welfare during this transition state. No matter about the boys, is the usual pass upon them. While in the main the boy's out-door freedom and muscular exercise do much to favor a healthy equilibrium of body and mind, the boy growing to manhood needs far more care, guiding and kindly sympathy than he has ever obtained. The same causes that will produce unfavorable results, that will be harmful to the health of the girl, will be equally effective of similar results to the health of the boy, notwithstanding the usual neglect of this subject. Poorly fed, improperly clothed, over-worked at

study or muscular labor, insufficient sleep, undue excitements, unpleasant environments, all alike affect the boy as the girl in these growing years. The boy, as the girl, shows lack of proper food, gets run-down by this deficiency of nutrition for nature's work that is going on, and by hard work, and he sometimes gets bilious, bowels constipated and kidneys act morbidly, which cause irritations, nervousness, disturbed, uneasy sensations about the urinary organs, the rectum, colon, and throughout the pelvic region. Following this comes the languid, drowsy, despondent, hypochondriacal, and occasionally outbursts of passion, over-irritable and disagreeable, and an indolent, dragging heaviness throughout the body, and for treatment and sympathy the boy is scolded, called "indolent," "sleepy-headed," "lazy," "*mean*," "and no good, generally."

The above causes and effects are by no means *due to the transition*, neither are they consequent—they are due to improper treatment and improper care, which give the same results at any time of life. If the body is properly nourished the excretions (urinary, alvine and perspiration) are kept properly active, a proper amount of muscular exercise, congenial mental employment and due amount of rest and sleep provided and permitted, together with pleasant surroundings, the transition in both sexes will be passed through as placidly as going to sleep, as far as this development being a disease-producing factor is concerned.

The growing body—growing to attain its finished size—requires abundance of wholesome, nutritious food, and of all times during our entire life, during the growing period of the body we best enjoy the deliciousness of foods, and if any period of life should be favored with delicious foods more than any other, certainly this period should have the preference. By this

I do not mean highly spiced or highly seasoned foods, as all foods retaining their naturalness are best.

The demands of the body are necessarily great during this period of mental and physical development and growth—it demands material to promote growth, material to replace that which has died by limitation of its power of endurance and wear-out, and to produce that force necessary for conducting both the physical and mental economy. The mind needs wholesome nutritious food—needs directing aright to be able to properly select and assimilate the good, and reject that which is pernicious—that which is productive of morbidness.

The activities being great, the consumption and wear-out great, there is much ashes, clinkers, dust—debris and detritus, clinging about hinges, pivots, joints, nerve beds, etc., which must be kept scavenged out, to permit of and insure smooth running of the bodily machinery and the mind. The capsules or powders (see remedies in this book), taken sufficiently frequent to keep the tongue clean, or one of the compounds prescribed in this book, which contains podophyllin and cascara, in addition to the baths, meet this requirement. A capsule taken every third night, and the following taken three times a day, an hour before or an hour after meals, gives excellent satisfactory results in any cases where there is disposition to chill, nervousness or irritations: Take *polymnia uvedalia*, one drachm; glycerine and water, of each, two ounces. Mix, and take a teaspoonful as above.

In addition to the above care, add half an ounce of aqua ammonia to three gallons of water used by the boys for their bath, every other week. Situate the boy so that he may take a hot water sitz bath, every week, or two or three times a week if his bowels dispose to constipation or the feces dispose to be unduly dry—for if such is the case he will experience undue

nervousness and irritations about these parts. This inactivity of urinary and alvine excretions must not be permitted to exist, nor continue. By varying the foods, using the baths, and taking an occasional dose of the remedies here named, this can be effectually righted. Staphysagria, one drachm, added to four ounces of water, a teaspoonful of the mixture taken four times a day, relieves irritations, given in addition to the above treatment. But there is seldom any need of other treatment than given above.

Then in addition to the above attentions, make the boys' room as pretty as the girls' room. Let the boys' room be filled with pretty furniture and attractive furnishings. Let the boys have a place in the home for something they can claim as their own. Let there be a gift here from father, and there from mother, others from sisters and perhaps from brother to brother. These kindnesses not only improve the health, but form cords binding family love and sympathies together making each nearer and dearer to the other and home, and giving out, as products, the most loving and kindest husbands and the best citizens.

OBSTETRICS.—MIDWIFERY.

The practice of obstetrics, or midwifery, extends over the entire period of the existence of the human family. There is nothing new in its essential features. Difficult and prolonged labors have occasionally been met in all ages. No one age, to the present, can boast of any marked discoveries for making the ordeal of child-birth freer from suffering than any other age. To the enlightening of every woman regarding the human body, and especially her own, its functions generally, and the function of reproduction especially, her rightful duty to protect and preserve her own body, is both foundation and structure for making this ordeal bearable.

In the earlier ages obstetrics was looked upon as woman's work, and was relegated to her, it being considered by man as being beneath his dignity to do such menial work; and in the earlier ages it was considered indecent—immoral, for a man to be present at the birth of a child. So firm a hold did this refinement have upon the people, that as late as 1522, a Dr. Werth, of Hamburg, who assumed the dress of a woman to attend a case of labor to study the processes, was burned alive in consequence, so history informs.

The natural endowment of woman for attending to woman in conditions of child-birth, her aptitude to learn—her *expertness of experience which no male physician can ever gain*, her readiness and aptitude for every part of the care necessary in this condition, makes her pre-eminently the one to have charge of these cases, as also the treatment—of at least women and children in sickness.

The opportunities for male obstetricians and male physicians generally to gain information on this matter are exceedingly limited—much more so than the public has been led to believe. The following which the writer gleans from an article of the late Prof. A. J. Howe M. D., whose eminence was world wide, places the matter in about the right light. And as this must include the cases of hospitals, homes, etc., it is clearly seen that the opportunities for students at colleges are also meagre: “During the year 1880, there were born within the city (Cincinnati) limits 7,945 babies; and of these 5,623 fell into the hands of midwives, making 71 per cent. of the entire lot. This would leave 29 per cent. to physicians. There are 70 midwives in the city, therefore each on an average waits on 80 cases. There are 360 practicing physicians in the city, consequently, each on the average would only obtain six cases, or one in two months.” Though this average was made several

years past, it amounts to the same in any period. Estimating from the above average, which is representative, the average male practitioner, the average time of whose life in which he is actively engaged in the practice of medicine, which may probably be estimated at about fifteen or twenty years, would only allot to each about 100 to 120 attendances at child births in a lifetime, but it rarely reaches even this number.

An M. D. with whom the writer was once in attendance of an obstetric case, he to impress the importance of his knowledge of such cases had informed the lady that "he had attended 2,200 cases of child-birth." He had been located in a small village, surrounded by villages and towns within every three to five miles, and the usual number of doctors, midwives, and "old women" throughout the country.

WOMAN'S UNWILLINGNESS TO BECOME MOTHERS.

The unwillingness, in the majority of cases, of women to become mothers—especially of unduly large numbers of children, is simply the exercise of good sense and an able discernment of right.

No pair have a right to bring a larger number of children into the world than from reasonable judgment of their physical ability they may be able to care for them in their many years of helplessness, and their commercial ability to provide for them during this time the temporal needs, and to do that without working so great hardships on themselves that the taxings deprive father and mother of so nearly all rest, comforts and pleasures throughout life.

Every unbiased observer well knows that it is not from any special desire for unduly large numbers of children, or any special love for the unduly large numbers, that prompts many men to beget such large numbers of children, but it is in the largest number of cases, simply a motive of selfish indulgence

of a power he has perverted into a vicious habit for momentary pleasure. And it is to be equally regretted that in many of these cases the motive for the unduly large number of children is to keep the mother in the helpless dependence which she feels she can no longer endure.

Men admire freedom from cares and responsibilities quite as much as women—and a little more, as is evidenced in every day life on every hand. And men are quite as much prone to marry for comfort at as little effort on their own part as possible, as women (and for which there is no semblance of excuse but his unwillingness to shoulder the responsibilities of entering competitive commerce, and gather these comforts, whereas from the condition of helpless dependence the position of wife and mother entails upon the woman, she has justifiable grounds for desiring a man who has either the comforts of life or the ability to provide them), as is seen in cases of women with ready cash—or business ability which is equivalent to cash, having so many admiring admirers and—offers—of a help to enjoy her blessings—such a woman *always* being *just lovely* no matter if freckles as big as the moon bedeck her face and she has a nose as pretty as a wart-hog, and a voice that croaks like a bumble-bee in a tar bucket, and her perambulations as perk and facile as a crippled mud-turtle.

It is not only women's right to decide when she will be mother and of how many children she will be mother, but it is a duty she owes not only to herself but to humankind. Over-production of children in addition to it imposing undue hardships upon parents, especially upon the mother, gives off weaklings in children, both mentally and physically, who must go forth unfit for anything but to grovel along through a miserable life of helpless dependence.

PREVENTION OF OR CONTROL OF CONCEPTION.

Though this subject attracts widespread attention, but little intelligence is exercised or obtainable regarding its essential nature or necessity. The importance of this subject may be discerned by a glance at the human suffering and premature deaths due to the husbands' and wives' over-exhausted bodies from giving off too many new beings and over-burdening themselves with a larger number of children than it is possible for two people to provide for and perform the duties absolutely necessary in caring for human-kind during so many years of helplessness and dependence. In all animal life there are none so really helpless, and so long so, as in the human family, and among no animal life is so little intelligence exercised regarding right in this matter, as in the human family.

But women are the real sufferers; it is they who carry, lift and perform, with patience and forbearance, not only the tender kindnesses but the menial drudgeries of work these helpless ones create, the man so frequently successfully evading these services on the excuse that he is a man.

The function of reproduction was provided in the human family for the same purpose it was provided in all animal life—to all animal life to reproduce its kind, to continue keeping them alive on the earth. Any other use these organs are put to is prostitution, no matter under what guise the use may be practiced.

Nature has nowhere hinted that these organs were given for playthings—to amuse and entertain.

The desire to cohabit without the desire for the life of another is prostitution, is as great a sin as illicit cohabitation, and children begotten of such parentage will sink to the same level as those of the illicit.

The new being takes on the physical and mental qualities and conditions of parentage at the time of generation, and none can saturate the body with alcohol and tobacco, revel in sexual dissipation, and give self over to lust, without entailing the grievous wrong upon offspring. The offspring of such are the children conceived in sin and born in iniquity—born with the evils of which the parents were never suspected; are cursed before birth; the sins of the parents visited upon the children; the true character of the child is laid before it is conceived.

The unwelcome, tiny, helpless wrecks are thrown upon the bosom of a cold, heartless and ignorant world, conceived by men and women whose only desire was sexual satiety—without love or the desire for the life of another. These are the children who are *badly born*. To overcome this in after life is next to performing a miracle, and the helpless wretches—innocent victims, become the inhabitants of the penitentiaries, the dungeon, the lunatic asylum, the schools of correction, asylums for blind, deaf and dumb, and furnish subjects for the gallows, while those who did the grosser wrong go free. Children born with defective, deformed, unkind, unlovely bodies and mind are born of parents who did not want children.

The well-born child is the product of conception inspired by mutual love and desire for the life of another—it will be welcome, useful, happy and make happy—will go forth blessed and to bless.

There is less christianity and worse evil effects from sensual dissipation than from whiskey dissipation. These two dissipations are working the moral, physical, and mental destruction of the human family.

Passion is degeneration. Nature never instigated one passion. Love causes no suffering, it causes no pain, no heart-pangs, no tears, brings nor creates no evil, it does not get

any one into trouble, it breaks nobody's heart, it causes no man to think of infidelity, it never leads any woman to go wrong—but sensuality has done all these and more.

No woman should be forced to bear a child who does not want one. Think for one moment of the endowment bestowed upon the nervous system of the new unborn being, whose mother earnestly, eagerly, nervously awaits the "welcome visitor" which assures her she is not pregnant; and when it does not appear, think of the mental torture, of the thoughts which occupy her mind as weeks pass on till she becomes resigned—but not satisfied, with her fate. Being resigned to fate and the desire for the life of another, there is a wide difference between. Both leave their marks.

The woman should have preference in deciding whether she be mother of children, when, and how many; it is she whose body is kept in helpless dependence, it is her body that gives nutrition to the new being, it is her hands and arms that carries, lifts, washes, cleanses, makes, mends, and in many instances provides, or does a great part of it; hence she is most competent to judge of, and decide in this matter. None has a right to bring helpless beings into existence and thrust the burden on others.

Women have not the over-grown, cultivated passions that men have, and are governed by a sense of right in this matter as a rule. By far the largest number of wives loathingly submit to men's excessive habits to keep any degree of peace in the home. When there is sensual usurpation on the one side, and a loathing submission on the other, wedlock is lashed into lasciviousness, the wife is degraded into a mistress, and love and affection changed into aversion and hate. And what for the off-spring?

The professor who searched the vocabulary of the languages, both ancient and modern, for a word meaning a *male virgin*, found no such word in any of them; but in all of them found the word virgin or its equivalent, as applied to females. Did the word makers know there was no use for such a word applicable for males? Chastity guarded by the desire for the life of another cannot be moved in the wrong direction.

Neither man nor woman suffers any physical, nervous, or mental discomfort from disuse of the sexual organs. Reproduction, though a physiological function, unlike the other functions of the human body, only comes into activity at the bidding of the mind. The forces have an out-let in well exercised muscles and the excreted effete materials that are purifying and life sustaining, ridding the system of its own detritus—which detritus remaining in the economy, has an unhealthy effect upon the brain, and to this is due the abnormal sexual desire, and not to a healthy condition, nor the desire for an off-spring.

The crowning piece of God's work is not so imperfect as man would like to claim—which accusation against God is blasphemy, but is simply man's excuse for practicing his vicious ways. God has not left the human body without an equipoise in the needs of its well being—and this equipoise consists in the "emissions" from the male, and the menses from the female, which are the effete materials from this part of the body's economy—which not having been called into use in the building of a new being, pass from the human body, as the effete materials from the other parts of the body's economy pass from the urinary and alvine outlets, and vigorous muscular exercise daily resorted to—"the earning of the bread by the sweat of the brow".

God was perfect in his every creation, leaving nothing in all his works, whatever or wherever, that every essential was

not provided for its well-being, and nowhere is this more perfectly shown than in the crowning piece of his wondrous work, the human being.

Every person called into being is embodied with its measure of force, and if that force is spent in vile or vicious habits, there is none left for the better purposes of life—none promotive of betterment, well-being or of virtue. Were there no other provisions in the economy of the human body, muscular exercise alone is a counterpoise to sexual activity.

There is nothing in this knowledge that is immodest, nothing that is not elevating and promotive of virtue. When the human family learns that muscular exercise (labor) is an essential part in the physical well-being; a blessed gift and not a curse, but an aid to adjust the economy of the being; that the sexual organs are for reproductive purposes *only*; that our intelligence was given us to entertain ourselves, and will accept the situation as God's providing wisdom, then will virtue, health and happiness prevail, conception will be controlled by *sense and right*, and children will come blessed and not cursed, and temporal comforts will not be lacking. No woman should submit to any other solving of the problem of the prevention of conception than the above, and no man should ask it.

The home without children presents a deficiency that no substitute can fill. If the man and woman are of sound mind and good health there should be a reasonable number of children. This is part of the essential to make a complete life.

SIGNS OF PREGNANCY.

It seems that the female in the human family should be able to *know* when conception takes place, as it is known to females among other animals, but such is exceedingly rare the case. To what to attribute this is not so readily explained.

The first sign of pregnancy is usually considered to be the cessation of the menses. Yet this is not a certain sign as the non-appearance of this excretion may be due to other causes, and also, the menstrual flow has appeared when pregnancy existed, though this is of rare occurrence, and when it does appear at this time it is due to either a very debilitated condition of the patient, or it is due to her being on her feet so long and to prolonged hard work, and occasionally to abuse.

The enlargement of the abdomen may be considered a sign, and yet this enlargement is sometimes due to dropsy or gaseous accumulations, or to the presence of a tumor.

The morning sickness is considered a sign of pregnancy, and this also arises sometimes from other causes.

The dark color around the nipples and the growth of the breasts is thought to be a sign, but this has failed, as after the first pregnancy the change in color around the nipples is not usually marked, and the breasts have been known to increase in size and even to contain milk, without pregnancy. When however, two or more of these above signs present, and exposure to opportunity for pregnancy has existed, pregnancy may be believed to exist.

OBSERVATIONS FOR THE PREGNANT WOMAN.

Very many of the disturbances manifesting during gestation are not either wholly or in part due to the condition of pregnancy (though this condition may and does sometimes augment the severity of ailments appearing at this time), but may and do appear when this condition is not present, as headache, backache, heavy and languid feelings, biliousness, inactivity of the bowels and kidneys, and many other unpleasant sensations. There is necessity of rest, of avoidance of being too much on the feet as well as avoidance of too much

sedentary habits, of avoidance of over-work—of excitation of the emotions during the entire months of gestation and lactation. The observation of this caution is as much needed during the first four months of gestation while the uterus is lower in the pelvis, as later. Numerous unpleasantnesses, prolonged and difficult labor, convulsions and bad gettings up, have for a very, very large part of their cause, inactivity of the kidneys, constipated bowels, over-work or too much sedentary habits, sexual excitement and vexation—the nerves and body having been taxed to the utmost so long, a give-way is the result; nor does the give-way terminate in the condition it brings to the mother—it extends to the offspring, causing various morbidities, with probable fatality in some cases. By avoiding the above abuses, keeping the urinary and alvine actions free, the very largest per cent. of uterine irritation, numerous nervousnesses, morning sickness, morning headache, the false pains, the backache, the soreness, the legs-ache, the dragging sensations and numerous other miserable associated sufferings, will not be experienced.

The insanity in pregnant and puerperal women is due to a general abnormal condition of the general health—the body having been too much over-taxed with over-work, too much sedentary habits, sexual excitement, and unpleasant environments in nearly every case, and righting these wrongs will cure nearly every case.

Motherhood is the highest and most important position to come to the lot of humankind, and yet, very many mothers are the most abused and degraded. From the moment of conception the mother should be placed with the most pleasant surroundings, let the pictures meeting her views be the most beautiful and lovable ones—let her companions be love, kindness, and tenderness.

When a woman finds herself pregnant she should wear loose clothing, take moderate exercise, and keep her mind as free from worry as possible. She should retire to bed early and arise early, and copulation after pregnancy is known to exist should be entirely prohibited, as also during the time the child nurses, thus permitting the woman's health and nerves to keep normal, fit to perform the charge upon her. At least during the last three months a sleep and rest in the afternoon is advisable.

Every woman in this delicate health should obtain at least two or three thorough emptyings of the bowels daily up to the hour of labor. And it insures an easier and quicker delivery, when it is plainly evident that the ordeal is at hand, if the patient take a remedy to thoroughly empty both bowels and bladder. These parts being thoroughly empty greatly favors the progress of the ordeal, insures quicker and less painful delivery, as well as improves cleanliness. For the purpose of emptying the bladder and bowels at this time the writer has found no remedy more suitable than a dose of the anti-bilious physic (see remedies in this book). It acts promptly and thoroughly, creates no undesirable disturbance, does its acting and *quits*, and in addition to its removing the obstructions from the above channels, it eliminates much morbidness from the circulation, which leaves a betterness in the entire economy and prevents convulsions.

When offensive odors cling about the breath, sweat, and unduly about the excretions any time during gestation, it indicates that morbid matters are not sufficiently eliminated and excreted, and a prompter should be administered. For this purpose the following will be found admirably adapted any time during the period of gestation: Take fluid extract of cascara aromatic, one ounce; simple syrup and glycerine, of each

three ounces; tincture of buchu, one ounce; olive oil, one ounce, and podophyllin, one grain. Mix, and take a tablespoonful just before retiring to bed every other night till three or four doses have been taken, is usually sufficient to meet the requirements in most cases. If a nasty taste manifests in the mouth, bowels dispose to constipation, take a teaspoonful of the above medicine every four hours till three or four doses have been taken, then a dose every third or fifth night for ten or fifteen days, or as long as necessary. A powder (see remedies), or a capsule (see remedies in this book) taken as above, also serves the purpose. Syrup of Figs, taken a dose at night just before retiring, serves sometimes. A tablespoonful of this remedy should be taken as a dose.

Sponging the entire surface of the body two or three times a week in winter, and every day in summer, with warm or hot water, using sufficient soap for cleanliness, during the period of gestation, greatly aids in sustaining an equilibrium of the economy of the body, in addition to the comfortableness of being clean.

During the last two weeks of gestation a hot water sitz-bath taken from three to five times a week, greatly aids in promoting favorable condition for the trying ordeal. When it is evident that labor is at hand, a hot water sitz-bath, continued twenty or thirty minutes, will shorten the duration of the ordeal very much, also sufferings, by prohibiting rigidity.

Pleasant mental employment and reasonable muscular exercise is an absolute necessity. For the muscular exercise, a portion of the work of the household economy is suitably adapted in that it need not necessitate remaining in one position too long, and its variety breaks monotony, and its results in giving comfort and adding beauty in the home, make the pursuit of such exercise pleasing.

It is needless for the woman to stay close in the house remaining obscure from every recreation during this whole period. In fact it is by no means beneficial to herself nor the new being to do so. Suitably attired she may attend church services and other enjoyments for several months, and may go among intimate friends so long as she feels comfortable to do so.

Plenty of wholesome food should be partaken of, which should consist chiefly of vegetables, fruit, eggs and milk; if meats are eaten it should be at the noon-day meal only. The "cravings" of some special food during gestation, so much talked of, only manifests with poorly fed women, women who are confined to monotonous foods not being supplied with the necessary changes the system demands, and those whose systems are morbid.

MORNING SICKNESS.

The morning sickness of which many women complain while enduring this delicate condition of health arises from disturbances of the sympathetic nervous system due to some morbid condition—as biliousness, constipated condition of the bowels and deficient urinary excretion. Deficient exercise may aid in inducing its exhibiting. Disturbances of the sympathetic nervous system from undue sexual excitation doubtless aids in some cases in promoting it and increasing the severity.

Frequently the drinking of a cup of hot water, before getting up, or a cup of hot tea, then remaining quiet a few minutes, will disperse it. Fluid extract of aromatic cascara, a teaspoonful taken each night, just before going to bed for three or four nights, then a dose from three to two times a week for awhile, will disperse its presence and prevent its return, in many cases. In severer cases, a dose of the anti-bilious physic is quite frequently the speediest relief.

A cup of Garfield Tea, taken before going to bed, for a few nights, is both a disperser of it when it is present, and prevents its return in many cases.

VOMITING DURING PREGNANCY.

Vomiting during pregnancy arises from the same causes that gives rise to morning sickness, and the cure or relief in either case consists largely in the prevention—namely, place the general health in normal condition and regulate the habits.

When a paroxysm of morning sickness is on remain in the recumbent position in bed, eat the juice of a fresh orange, drink a cup of *hot* tea or coffee, then take a sleep. Take fluid extract of cascara, glycerine and simple syrup, of each, one ounce; essence of peppermint, one-half ounce. Mix. Give a teaspoonful of the mixture every four hours for two days, during the day; then twice a day for a week or ten days.

When vomiting presents, keep quiet in the recumbent position; take the treatment directed above—except in place of tea or coffee, sup a cupful of water *hot* as possible, sponge the body with water hot as can be borne each day, and if the vomiting is persistent in recurring take a capsule every night for three nights, then every fourth night for about two weeks, if recovery is not apparent sooner. A cup of Garfield Tea taken as directed, acts kindly in these cases, and is not unpleasant to take.

One drop of chloroform given in sweetened water, was recommended by Dr. Chase, to check vomiting in pregnancy. The writer has not had occasion to try it. But the relief that could come from such remedy, could only be temporary. The relief from the treatments and remedies the writer has directed above, is effective and permanent.

HEART-BURN DURING GESTATION.

The disturbance termed heart-burn may manifest during the last weeks of gestation, from the stomach being crowded upon. Or it may be due to debility, or to "bilious" matters being in the stomach, or to the foods not digesting, which then fermenting and decomposing, produce an abnormal acid or abnormal condition of the gastric juices. Take a capsule (see remedies in this book) just before going to bed at night; or, add five drops of tincture of *nux vomica* to four ounces of water and take a teaspoonful of the mixture every three hours during the day for six or eight days. Let the supper consist of a cup of hot water followed by a cup of Horlick's malted milk, also taken hot—or two cups of the malted milk, as it is delicious and healthful.

Tincture of *nux vomica*, five drops; water, four ounces, mixed, a teaspoonful given every fifteen minutes till four doses have been given, then a dose every two hours during the day, disperses it in many cases.

VARICOSE VEINS.

Varicose veins are not wholly confined to the conditions of pregnancy though almost exclusively so. The cause of their appearance is due to obstructed circulation, prolonged standing on the feet, exhausting the resisting powers of the walls of the veins which allows of their dilatation. In conditions of pregnancy the pressure of the child is an obstructing factor to free circulation in the lower limbs and especially so when the woman must be on her feet for prolonged time.

Varicose veins chiefly appear on the lower limbs, about the thighs, below the knees, on the ankles and they may extend into the feet. They manifest a nodulated or knot-like appearance, and a bluish purple over the surface. They are always

dangerous, are easily completely ruptured, when fatality may ensue due to excessive loss of blood. Varicose ulcer may manifest, and when such is the case, frequently proves very obstinate to cure. When the varicose, or dilatation has become extensive a permanent cure is exceedingly rare. Relief may be had, but recurrence on slight provocation takes place.

In treating this condition, the writer does not consider operation advisable, as far as the writer has observed conditions are made worse by such treatment. Prevention is better than any method of attempt to cure, therefore persons, and especially a woman in the pregnant condition should avoid standing too long. Attention should be given to prevent this condition manifesting, and when its first appearance is noted, rest in the recumbent position should immediately be taken and continued till the manifestation disappears, as no permanent betterment can be effected without this rest in the recumbent position.

Bathe the limbs each day in *hot* water, to which has been added a teaspoonful of spirits of turpentine, a teaspoonful of essence of cinnamon, and half an ounce of glycerine to a gallon of the water used for this purpose. Or in this proportion. The kidneys and bowels must be kept freely active. This part of the treatment must not be neglected; there may have been alvine dejections daily, yet *not* sufficient to prevent obstruction. A dose of anti-bilious physic (see remedies in this book), gives an elegant action both urinary and alvine, and in addition eliminates much morbidness from the circulation thus giving much betterment; after this a capsule (see remedies in this book), taken once or twice a week, will continue these actions. Or, in mild cases, instead of the capsules, the following serves: Take olive oil and glycerine, of each, two ounces; fluid extract of cascara aromatic, one ounce. Mix, and take a tablespoon-

ful of the mixture every third or fourth night. Or Syrup of Figs may be taken in this frequency, following the anti-bilious physic.

The rubber bandage or rubber stockings are not advisable. In severe cases, a strip of cloth two inches wide, applied as a bandage, serves better than the rubber appliances. The writer has had better results without any bandages, employing the above treatment.

PREMATURE, OR FALSE LABOR PAINS.

Labor pains appearing before the natural time of duration of gestation has expired, are generally due to the bowels and urinary organs being over-loaded, to being too long on the feet, or heavy lifting or to sexual excitation, very frequently to simply a condition of a general biliousness.

The patient must take the recumbent position—go to bed and keep quiet, and call a physician if one can be obtained. If a physician cannot be obtained, a dose of salts may be given, or preferably a dose of anti-bilious physic (see remedies in this book), which will remove irritating substances, from the bowels and urinary organs, this with the rest in the recumbent position restores to normal condition, generally.

A large dose of Garfield Tea, a dose taken every third morning for awhile, also restores to normal, good results manifesting soon after taking the first dose.

JAUNDICE DURING PREGNANCY.

It is unwise to permit a jaundice to continue during gestation. It is due to improper action of the biliary function; there are also symptoms associated with it very like those manifesting in uræmia, there is the weariness, pain in the head, insomnia, and discoloration of the skin. A capsule or powder (see remedies in this book), taken every third or fourth night

for two weeks, and five drops of *chionanthus* taken in a little syrup or water, three times a day, gives the desired cure, improving the general condition of the mother, preventing that unsightly mottled staining of the skin, and also much betterment for the child.

CRAMPS IN THE LOWER LIMBS.

Cramps in the lower limbs at any time are caused by obstruction to the circulation; also a condition of engorgement of the system, or a very feeble condition may give rise to cramps. In the later months of gestation the continued weight of the child interferes with free circulation, also a constipated condition of the bowels or inactivity of the kidneys is an obstruction to free circulation.

Take a capsule or powder (see remedies in this book) every second night or every third night, and bathe the lower limbs in hot water every day, and especially if an attack is on or threatening. The bottoms of the feet well wet over with spirits of camphor hastens the dispersion of an attack. If the paroxysms are frequent and severe, give one drop of *viburnum opulus* in a teaspoonful of water every thirty minutes till three or four doses have been given, then add five drops of *viburnum opulus* to half a glass of water and give a teaspoonful of the mixture every two hours for three or four days. Taking sufficient rest and the above treatment is usually sufficient to stop the cramps.

ABDOMINAL SUPPORTER DURING PREGNANCY.

Much comfort and betterment are realized by the woman in delicate health if she leave off the corset at the latest as early as the fourth month, and supply its place with a suitable bodice, one that supports the breasts. An abdominal supporter with elastic sides so fitted as to exercise comfortable

pressure from below on the muscles, and supplied with tapes and straps to relax the pressure as the uterus enlarges, gives excellent comfort and assists in preserving the contour of the woman more shapely. For winter wear the abdominal supporter should be lined with silk or woollen fabric.

This is of value in many ways. It preserves tone and strength to the abdominal muscles, both by preventing a pendulous abdomen, and by preserving strength and tone enables the muscles to assist in the expulsion of the child when labor arrives, and relieves much weight from the colon, thus to some degree preventing constipation.

The bandage must be left off at night, and if the abdomen is rubbed over with fresh lard at night it greatly favors the restoration of the abdomen to its natural appearance, the traces of white lines usually present losing their visibility sooner.

The "Standard Berlin" abdominal supporter, or "Hoffman's Perfected Adjustable" abdominal supporter, are the most perfectly adapted of any found ready made, and these may be improved by suspenders or straps being added to extend over the shoulders. Either of these may be purchased of W. H. Armstrong & Co., of Indianapolis. Or, a supporter may be home made. A lady should offer such articles for sale.

MOTHER'S MARK.—FATHER'S ENDOWMENT.

Accounting for these malformations by the laws of growth, these abnormalities are subject to physiological development, but to what extent, or how, these mental impressions influence is not clearly understood. But whatever the influence, it is at work from the formation of the ovum and sperm. Defection of germ may exist, development be arrested, or perverted, or may be excessive, and may or may not be directly due to special mental impressions upon the mother's mind.

Very close proximity exists between the nerves of the mother and child in utero, however, hence mental impressions may extend to the child, and most certainly do to a degree.

Malformations and peculiar markings are found among birds and reptiles, and since the development of the being takes place in these animals after the ovum and sperm have been ejected—completely expelled from both the body of the female and male, qualities necessary to produce these abnormalities must have existed in the ovum, sperm, or both, previous to the commencement of formation of the new being. But yet this fact does not do away with the theory that influences during gestation may obstruct, pervert, arrest, or produce excess.

The entire human family may be said to be impressionable, at any age or condition, and perhaps to the extent, either greater or less of changing purposes and characteristics.

The savory odor of food is known to cause a flow of saliva. A provocation to anger has dispelled an appetite, checked digestion, provoked emesis, and diarrhea has resulted also. Fine acting, pleasant music, and a sad story have brought tears. Fear is known to have produced great relaxation of the body, or parts of it, to bring copious perspiration, and, there are authentic cases of hair turning gray in a few hours from fright, and total loss of hair from grief.

That certain impressions made upon the mother's mind during pregnancy will affect the structure and growth of the child, and will in some manner deform it, has been more or less believed since the days of Jacob and Laban. Though there is not more than one child in a hundred marked when the mother anticipated it, yet there are instances so numerous, that the connection between the impression and the mark can hardly be disputed.

The common forms of mother's marks which have attracted most attention is a discoloration of the skin, and has appeared on various parts of the body, sometimes increasing in size as a child grows. Dr. Russ relates that the miners of Westphalia, who live away from their wives, are generally intoxicated when they come home on visits. The result is that a large proportion of the children born of these families are idiots and feeble minded. This and similar observations from similar causes and results are probably called father's endowment.

DURATION OF GESTATION.

The length of time of the duration of gestation in the human family is given widely varying lengths of time, by different writers, some placing the limit at 336 days, some at 325, others at 330, 268 and 266 days. The temperature of the woman, the general condition of her health, the number of confinements she has experienced, together with the care and treatment given her, have a modifying influence, but these vary the full time only a few days.

A method for ascertaining about the date to expect confinement is to count backwards three months from the date of the beginning of the last menstruation, add four days to the date; this date *following* the last menstruation is the date on which to expect confinement, or child-birth. For example, say the last menstruation began the 19th day of August; counting backward three months brings us to the 19th day of May, add four days makes the 23rd day of May. This date *following* the last menstruation is the date, within one day earlier or later, on which to expect confinement.

"MOTION."

In about four months and a half after conception motion of the child is sensibly felt by the mother. This has usually

been called "Quicken" and the ignorant have supposed that the child was not possessed of life till this motion appeared. But there is life from the moment of conception.

PARTURITION OR LABOR.

Having counted the time as above it is important to be watchful for approaching labor. Toward the last of the ninth month of gestation, about twelve or fourteen days before the expiration of time ascertained by above rule, the enlargement of the abdomen, or the full womb, makes its "first descent," or "lays lower," as described by many, which is a sign that the expiration of gestation is nearing its termination. The breathing becomes more easily performed, and much relief about the stomach and liver is experienced, and the inconvenience from pressure on the lower parts increases somewhat, giving rise to more frequent needs to urinate, and the difficulty for the bowels to evacuate is increased.

For the sake of description, labor is divided into three stages. The first stage is called the stage of dilatation of the mouth of the womb, when the membranes rupture; the second stage, from the dilatation to the birth of the child; and the third stage from the birth of the child to the expulsion of the placenta and contraction of the uterus.

The so-called "pains of labor" are contractions of the muscular walls of the womb for the expulsion of the child, the pains, however, are due to the pressure of the child upon the parts and the dilatation for permitting its passage out.

The muscular contractions brought to bear upon the child's head are nature's method of moulding—changing the natural diameters of the head making it possible for it to pass through the pelvis whose diameters are actually less than those of the head in its natural shape. Nature, always conservative, is

able to take care of the very greatest number of obstetric cases where no bad mal-formations of the pelvis exist, if she is permitted to do so, and all instrumental machinery in the world cannot at all approximate her in this work. Hence, an attendant who is not willing to wait till nature has been given ample chance, should be shipped out to find employment for which he or she is better adapted, and permit parturient women to fall into more humane hands for care.

While the human body retains its present structure and plan of economy, entirely painless child-birth is quite nearly an impossibility, however much has been said and written to the contrary. This is not because of any curse being put upon woman any more than upon the females of any other animals—notwithstanding the blunderbus theologians have so construed the teachings of the Book called the Bible, and by such construction have damned the world.

SOME ARRANGEMENTS OF THE PARTURIENT WOMAN'S ROOM.

The room occupied by the parturient woman should, if possible, be located on the south side of the residence, or have exposure to the sun, south, and windows, or door and window so located that they may be opened to pass a current of air through, for cleansing purposes, without the current passing immediately upon the patient. The bed should be so placed that attendants may have convenient access on either side of it, and, also, placed so that the glare of light does not fall directly upon the patient's face. The light used in the room at night must be well shaded, or the lamp chimney smoked well on the side next to the patient. Indiscretion by neglecting to modify the tone of the light at this time lays the foundation for an immense amount of disturbance to the eyes of both mother and child, and frequently permanent injury.

Only draperies of necessary utility are permissible in the room furnishings; rugs or strips of carpet, placed where walking must be done to prevent noise, are the suitable dressing for the floor. These may be thrown out every day, and freshened by removing the dust from them and airing. The dust may be wiped from the floor with a mop or cloth moistened with hot water, but sweeping should not be done while the patient must confine to the bed, if it can be avoided. There should always be a stove in the room, or means for warmth, a small oil stove in the summer, and one that a sensible fire may be in during the winter. In summer, especially if there is chill or damp, there should be a small heat at the stove all night, and sufficient heat during the whole twenty-four hours in the winter. This provides a suitable warmth in which to handle baby, and is a better preventive from belly-ache and squalling on the part of the baby than all the medicines in existence. There need be no high degree of heat, it can be modified as needed. These little creatures come from a warm climate, and to swat these little ones about in chill air as commonly done, it is no wonder that there is a squally time in the house when there is a new baby.

There should be a chair placed near the bed for the obstetrician. Convenient must be a wash basin, towels, castile soap, a pair of scissors, a jar of pure vaseline; and a ewer of warm water should also be in the room.

In addition to the above there should be ready in the room two tables, one of usual height, and one small and about the height of an ordinary dining room chair seat. This small one serves for placing articles on when bathing and dressing baby. Abundant use will be made of the other one for placing articles on that no other means meet the requirements.

A slop jar, or pail, should be in the room.

Two agate or granite wash basins—three are better.

Half a dozen towels. These may be those that have near served their original purpose—may be worn. Various purposes will be found for these, as by the attendant obstetrician for wiping the hands when caring for the mother and babe immediately after its advent into the world.

These should be placed in readiness:

Half a dozen bath towels, or Turkish towels. These for usual purposes.

A piece of cloth three by five inches for dressing the cord.

In an experience of now over a quarter of a century I have seen the best results from using a piece of clean, white, old worn cloth, such material as is used for pillow casing or sheeting, or other such fabric. It is soft, causes no irritation, and does not adhere to the parts as cotton, linoline and other such fabrics do and, in addition, many of which contain irritating factors introduced into them under the presumption of antiseptics, instead of which effect they are injurious.

Four pieces of cord, each about four inches long. This provides in case one or two should be soiled or something unfitting it for use should happen. (The groceryman's white wrapping twine serves better than any of the clamps, tapes or other paraphernalia that I have found.) This provision is for tying the cord.

Great economy may be exercised in preparing mats or absorbents to use under the patient by placing newspapers between cloths and tacking them here and there. This is worthy of notice where economy is a necessity. These cloths may have served their original purpose in the capacity of sheets, pillow cases, or other fabrics. Have them well cleansed. These

are inexpensive and may be burned, and thus much unpleasant washing dispensed with.

It is a piece of inexcusable negligence for a woman to permit herself to enter upon the ordeal of child-birth without appropriate preparation for comfortable and cleanly care of herself. I have been many times disgusted at the neglect of preparations for these occasions. There are nine months in which to gather up preparations for this event, and suitable preparations for comfort and cleanliness should be made.

It is not necessary that these preparations of necessity be of expensive fabrics; it is rather intelligent that these preparations of necessity be not over-done in the matter of expense.

PREPARATIONS FOR CONFINEMENT.—AND SOME NECESSARY ATTENTIONS.

When it is evident that labor is at hand, the patient's body should be sponged-bathed, using very warm water. The hair should be braided. This prevents tangling. The hair should be brushed back and not combed till the fifth day after the birth of the child.

A woolen gown (no matter what season of the year), made to button its full length in front, and to reach only to the hips, should be put on the patient. This constitutes all the apparel she must wear during labor. She can wear her wrapper over her gown till she must keep in bed, when the wrapper must be removed.

Dressed in a gown as above described there is comfort and freedom of motion, and, such a gown is easily removed without worrying the patient. The gown being of woolen material prevents chill. It may be of light woolen material for summer, and of heavier fabric for cooler weather.

PREPARATION OF THE BED.

Place the obstetric sheet over the mattress, and with large safety pins, pin it to the mattress across the end at the head and down each side. Place upon this in position to reach from the shoulders to the knees, two of the mats.

Place the pillow, or pillows at the head of the bed, and adjust to suit the comfort of the patient.

Place over the bed an all wool blanket. A blanket is light of weight yet warm, clings about the patient comfortably, and does not burden and weary the patient.

A comforter may be at hand, though additional coverings will not be needed, if the room is kept at the proper degree of warmth, till after the birth of the child, when the bed is being re-dressed for cleanliness and comfort.

POSITION OF, AND MANAGEMENT OF THE WOMAN
IN LABOR.

The practice of permitting an attendant at each side of the patient's hands, as is usually done, is not advisable. If the patient can clasp her own hands together, letting them rest at the waist line, it is better. Otherwise, the care that worries the patient the least is for the obstetrician to be seated on the side of the bed, and when the patient must have hold of a support to her hands, let her grasp with her right hand, the left hand of the obstetrician, and with the other, the hand of an assistant—both hands being equally supported, but not pulled.

The best position for the patient is on the back. She need not confine to this position till the second stage of labor is well advancing, when the position most favorable is on her back, and when the expulsive efforts are on, permit the knees

to be flexed well up toward the chest, especially is this true when the head is being born.

PARTURITION, OR LABOR.

While this ordeal cannot be made entirely painless, it may be made much more bearable than it is under much of the present treatment.

The writer attended one case in which there was but "one pain," this one pain remaining from the end of the first stage of labor, to the expulsion of both the child and the placenta.

It was followed by the severest attack of rigors the writer ever witnessed.

Those cases in which the different degrees of progress deliberates, conditions conform more suited to the requirements and are decidedly safer, and time sufficient should *always* be permitted.

When labor comes on the patient should not immediately confine to bed, she may walk around awhile, and sit.

At the early beginning, pains occur at long intervals, occurring more frequent and more energetic as labor advances.

The "bag of waters" consists of the covering of the fetus, or child, and the *liquor amnii*, which serves to protect the child during gestation and to lubricate the passage-way during the passage of it in birth.

When the *liquor amnii*, or "waters" escape before the os *uteri* is well dilated, the labor is rendered more tedious from the parts not being freely lubricated. Occasionally there is but little of the water escapes before the birth of the child, the greater quantity coming after it; when this is the case, it has sometimes been thought that excessive hemorrhage had taken place.

THE SECOND STAGE OF LABOR.

After the rupture of the membranes there is usually a few moments rest. The pains then become more energetic or forceful, and at nearer intervals; tremors, or shakings of the body as if severely chilled, frequently manifest (this tremor or shaking, is due to the powerful efforts of expulsion, and indicate that labor is nearing completion), following this the patient thinks that she is "completely given out and can do no more;" this is indicative, really, that conditions are favorable, rather than unfavorable, as has been supposed by many; this feeling is due to the relaxed condition of these parts engaged in the function, and which relaxation is necessary to permit the passage of the child. The head of the child will now be found appearing and near passage, or being born, and now it is that the attendant must kindly encourage the patient to favor the expulsive efforts, and permitting it by accommodating her position most favorable for it.

It is now the mother must make "bearings down" with the pains, which she can now do with good results. (The writer is of the opinion that effort put forth by the mother before this time is fruitless of being helpful, and is injurious instead.) When the head is born a moment's rest is followed by another pain which expels the body of the child, when the mother must assume the restive again—not talking, and keeping still. The attendant now has a full hand, for an eye must be kept to the face of the patient to see if she is rallying from the exhaustion or succumbing, and the new-born's mouth must be cleaned of mucous or phlegm that may be in it, attention given that it breathe freely, and, the tying and cutting of the cord is soon in order. The second stage of labor is now completed.

THE CONDUCT OF THE THIRD STAGE OF LABOR.

Immediately after the expulsion of, or the birth of the child, place the patient in as comfortable position as possible—folding the arms and extending the legs, and permit no more talking than is absolutely necessary. This permits of rest and the parts collecting their energies for the completion of their work—the expulsion of the placenta, or after-birth, as it is sometimes called. This is called the third stage of labor, and embraces the expulsion of the placenta and membranes and the contractions of the muscles of the womb by which that organ returns to its normal condition. The same natural forces that accomplish the former stages of labor, accomplish this—the contracting of the uterine muscles, aided somewhat by the action of the vaginal and abdominal muscles.

Usually but a few minutes pass till renewed expulsive efforts appear and the placenta is expelled, but occasionally a few hours may pass; it is not best to hurry, as too much hurry is fraught with mischief. This time is occupied by the womb in contracting and reducing its dimensions—preparing for the expulsion of the placenta.

TYING AND CUTTING THE CORD.

A few have advocated that it is unnecessary to tie or dress the cord, but should nature be able to perform all the care necessary for healing this wound, if left wholly alone, and which doubtless nature is as able to do in the human family as she is in the lower animals, certainly a regard for decency would demand necessary attention for cleanliness. But sufficient reliable evidence that nature in the human family will properly perform this cure unassisted is not obtainable, from the information we have at the present time. I would always tie and dress the cord.

Sufficient time must be waited till the child has breathed freely and given several squalls—given reasonable evidence that breathing is well established. (When breathing is well established pulsation ceases in the cord.) Then tie the cord firmly about an inch or an inch and a half from the body of the child, and then tie the cord in a second place two inches farther on from the first tie, and with a pair of scissors divide the cord.

When the cord has been tied and severed, permit the cut end of the umbilical cord to empty of blood, before dressing it. Great care must be exercised especially if the cord is large—or thick, to tie the cord sufficiently firm.

The cord is of use as a guide in delivering the placenta, and is not to be pulled on. If the placenta does not easily come, the patient may clasp her hands together over her mouth and blow in them. By giving a little time the placenta usually removes without much artificial aid, in cases of delivery at full time. If it is not expelled by the above methods, the attendant may watch the expulsive efforts and at the proper time, may follow the cord to the vagina with the hand, when by introducing the fingers, the placenta will probably be found presenting in the vagina, then if the presenting part is simply held a moment, it will expel. Or, in more obstinate cases, introduce the hand, and with a very gentle sweeping or gliding motion, slowly close the hand around and over the placenta, when an effort at expulsion will follow, when the hand must withdraw with the expulsive effort, and the placenta, will be found disposing to follow.

After the placenta is expelled, a rest of a few minutes given, the hand must be very gently introduced to remove any large blood clots that may be found, and also to ascertain if there are shreds of the membranes remaining attached, which is

sometimes the case. If shreds of membrane are found attached and they do not easily remove, do not worry with them, but let them alone for the time. After the patient has been cleansed, her clothing and bed put in proper condition, and she has taken a cup of hot tea, give the following, and the shreds of membrane will expel in from six to thirty-six hours: Add one teaspoonful of macrotys to four ounces of water, and give a teaspoonful of the mixture every four hours during the day while the patient is awake, till the shreds are found to expel, which is usually done in from six to eight hours.

When the placenta has been expelled, the hand of the attendant should be spread out on the lower part of the abdomen over the region of the womb, and gentle pressure made by bringing the hand in a closing and opening form, when the womb will be found contracting—assuming a hard, ball-like form under the hand and pains will cease, when the hand may be removed.

Then the protecting mat immediately beneath the patient, together with the wastage and the placenta, must be removed from the room and burned. All other soiled pieces must be removed from the room also, and should be placed in water preparatory to washing them. A dry protector or mat must be placed under the patient when the soiled ones are removed, for her comfort, that she may not chill; and when she has rested twenty or thirty minutes more, or longer if much exhausted, then the entire body must be sponged with hot water and soap, beginning with the face, continue to the waist line, cover this part of the body and proceed to wash the parts to the knees, observing to thoroughly cleanse the parts about the vagina and surroundings, rinsing these parts with clear water hot as can be borne; the hot water removes swellings and bruises and favors restoration to normal the economy of the parts. A

protector, or mat, five inches wide by sixteen inches long, half its length moistened with spirits of camphor one part and water twenty parts, and a little vaseline, castor oil or lard mixed and added over the mat, the moist end placed over the mouth of the vagina and covered with the dry end and confined in place by a napkin pinned on the patient as one is pinned on an infant (if a Victoria or some other means of securing the absorbent mat is not at hand) places the woman in comfort. A woolen cloth, also moistened with the above named water, may be placed over the lower part of the abdomen. This removes soreness, gives tone to the flagging, flaccid abdominal muscles and parts.

Adjust a bandage, or binder as it is usually called, around the patient, extending from the short ribs to well over the hips, making it sufficiently firm. The bandage is essential in relieving that feeling as if the parts would not remain together—gives comfort and support to the lax, pendulous and over-stretched abdominal walls and favors a return to normal contour, and also aids in preventing excessive hemorrhage. The bandage must be so adjusted that pressure may be uniform and sufficiently firm to give a feeling of comfortable support, which can best be distinguished by the patient.

Thus prepared the patient feels a sense of comfort and may then move or turn to rest her body without danger of soiling either the bed furnishings or her body. Sponge the remainder of the body of the patient and permit her to take position on her back or side, as best suits her to rest, and if she desires to go to sleep let her do so. If the absorbent mats or protectors were properly and sufficiently placed the bed linens are unstained and need not be changed till the third day, then each third day thereafter.

For directions for the first wash for the new babe, see elsewhere in this book.

LABOR IN CASES OF TWINS.

In cases of twins the labor progresses about as when there is but one child, and about the same management must be exercised. When a child is born, tie and cut the cord, and have the child wrapped up and placed in comfort, and attend to the birth of the next, which usually soon follows the birth of the first. The placenta, or placentas, does not usually expel till after the birth of the last child. There may be but one placenta, or there may be as many as there are children. The writer has delivered but one pair of twins; in this case the two cords were both attached to one placenta. Some other physicians have reported finding two placentas in cases of twins. Inspection of the placenta must be made to learn the situation, and attention made accordingly.

RESUSCITATING THE APPARENTLY STILL-BORN.

Introduce the finger into the infant's mouth and remove any mucous or phlegm that may fill it. Hold the child up by the feet, with head down, and raise and lower the arms parallel with the head, or simply lifting the child up by the feet, letting its head remain down for a moment, brings breathing in some cases. Placing the finger on the child's tongue and pressing it down restores breathing in some cases. Traction on the tongue—bringing the tongue forward and shoving it back, is recommended. Also, putting the child in warm water.

ADDITIONAL CARE OF THE PARTURIENT WOMAN.

After nine months' pregnancy there is always much derangement of the economy of the body. The circulation has had to perform double duty, and was interfered with in perfectly effecting its work, by the mechanical obstruction of the

child; the secretory and excretory functions have also been disabled to some extent, leaving the mother more or less loaded down with effete materials which have gradually accumulated. By briskly establishing the secretory and excretory actions, perfect circulation manifests, the equilibrium restores, and restoration to normal results; to insure a prompt restoration and to guard against septic infection (blood-poison—child-bed fever, milk-leg, puerperal fever and erysipelas), a prompt establishment of the secretory and excretory functions must be obtained. This must be effected by awakening the liver to do its work.

For securing the above actions there is nothing better than the capsules or powders named in this book. Or the following: Take cascara aromatic, one ounce; simple syrup and glycerine of each, three ounces; tincture of buchu, one ounce; and podophyllin, two grains. Mix, and give a teaspoonful of the mixture every night, for three nights, then every third or fourth night for two weeks. If the alvine and urinary excretions are sluggish, a teaspoonsful of the above mixture may be given every three hours till free alvine action is obtained; or a capsule or a powder, may be given with the same frequency as the cascara mixture. The giving of this medicine, should be begun about eight or twelve hours after the birth of the child.

In fact, there are exceedingly few cases met but that it is decidedly for the best welfare of the mother (and infant, also), to begin in twelve or twenty-four hours after the birth of the child, and take a teaspoonful of the above mixture containing cascara and podophyllin every four hours, till free alvine dejections are seen, and then take a dose every fourth or sixth night for two or three weeks. Or, the capsules (see remedies in this book), or the powder without putting in the capsules,

may be taken with the same frequency as above, till the above effect is seen.

The writer has given a dose of the anti-bilious physic with good results, in some cases.

By observing these instructions, blood-poison, child-bed fever, puerperal fever, milk-leg, erysipelas, and convulsions, will be avoided.

Urination takes place usually in about twelve to fourteen hours; when, however, it does not, woolen mats, or woolen cloths, three or four thicknesses, squeezed from *hot* water and placed over the region of the bladder and its mouth, repeating the application several times will usually induce it. Or, a piece of heavy brown wrapping paper wet with spirits of camphor, and laid over the region of the bladder, seldom fails to induce urination. In many cases an injection of hot water into the rectum, will cause urination. Occasionally the catheter must be used, though it is very rare.

Add a teaspoonful of chlorate of potassa, to four ounces of water, and give a teaspoonful of the mixture three time a day for the first seven or eight days.

The mother must be liberally provided with agreeable, nutritious foods, but not to the extent of engorgement. Foods that the mother can digest, will not hurt the child. Whiskies, wines, cakes, pies, pickles, and fried foods, constitute about all the forbidables.

REST AFTER DELIVERY.

After the long and taxing requirements of gestation, and the exhausting ordeal of delivery, or child-birth, there is exceedingly great need of rest. The parturient woman, after having undergone the labor, excitement, and exhaustion incident to confinement, manifests a feeling of great lassitude and fatigue. This is overcome by rest, *rest* that the vital energies may gather

up their forces and promote restoration of the economy, and especially the uterus and associate parts, to normal condition. While gestation and child-birth are a function of nature, they are more exhausting in their nature to the economy of the body than any other function, *and far more so than muscular or mental labor.*

After the birth of the child, the uterus is large and flabby, its supporting parts relaxed, soft and yielding. The placental site is a surface to heal, and the vaginal orifice and other parts of the obstetrical canal frequently exhibit open wounds of greater or less severity, nearly all of which nature will heal if permitted to do so. But the processes of regeneration of these injuries, require much more time than is usually permitted them. Less than two months rest, the greater part of which must be taken in the recumbent position, effects comparatively little progress towards restoration. And when the ordeal of gestation and child-birth must be followed by nursing the child, engaging in undue muscular labor, and night's rest broken as is usually the case of the mother, she enters upon an invalid life, its end the grave, near in sight. The nursing mother should not engage unduly in muscular labor, and plentiful of undisturbed sleep in nature's time—night, should be taken. The child can be very early taught to take its nurse at about nine o'clock at night and be satisfied to abstain from nursing until five o'clock in the morning. By this habit the child gets a rest, its stomach gets a rest, mother gets a rest, everybody else gets a rest, and all feel better.

ATTENTION TO THE BREASTS.

If proper attention to the care of the breasts is given an immense amount of unnecessary suffering is obviated. Usually the breasts become filled with milk about the third day, and frequently the babe takes comparatively little of it, necessita-

ting removing it by other means, and it must be removed or great suffering will ensue and perhaps permanent injury to the breast.

The best method for removing the milk from the breasts is for the mother to milk it out with her index finger and thumb, which she can easily do. A portion must be removed morning, noon and evening. To this neglect of removing the milk is due much of the long trouble that follows, as general fever, inflamed mammary glands and perhaps pus formation. *The milk must be kept removed.* The writer does not approve of using breast pumps as a rule, but if one must be used, of those I am familiar with I prefer Black's Automatic breast pump.

If, after the tension of the breasts have been relieved by milking out the milk, there yet remains undue hardness and pain, apply the following pomade: Take half of a teacupful of pure hog's lard; camphor gum, two ounces; spirits of turpentine, half an ounce. Mix the lard and camphor gum by gentle heat, remove from the fire, permit it to cool a little, then add the turpentine and stir to mix well. Apply this with a woolen mat or rag, *hot*, once or twice a day. This attention must be continued till the child takes all the milk. If it is necessary to stop the flow of milk, continue the use of the above pomade and milk out a portion of the milk daily. It will soon cease to appear. The writer has used the above care and treatments during the years she has treated the sick and has never had one case of "bealed" or "caked" breasts among her own cases.

In treating the breasts after the abnormality has been permitted to continue till pus is forming, it is a more prolonged and tedious task, and the suffering is great and very prostrating. It is best not to wait till caked breasts develop, but exercise intelligence by using the care and treatment to

prevent it. You know that if the breasts get *full of milk* it must be removed or cause trouble. When the caked condition has manifested, add two drachms of each of oil of cajaput, oil of cedar, oil of peppermint and olive oil to the above pomade and mix it well and apply it freely three or four times daily.

Add fifteen drops of phytolacca to four ounces of water and give a teaspoonful of the mixture three or four times a day. If pus is evidently forming this remedy is not efficient. Also, the following greatly aids in removing the inflammation: Take polymnia uvedalia, one-half a drachm; water and glycerine, of each two ounces. Mix. Give a teaspoonful of the mixture at ten o'clock A. M. and four P. M. each day. Both of these remedies greatly influence the reduction of inflammatory processes in the glands located in any part of the body. The yolks of eggs and salt mixed and applied to the breasts has been recommended and is doubtless good.

In these cases there is usually much aching in the breasts and parts. Fluid extract of bryonia, ten drops added to four ounces of water, and a teaspoonful given every hour till four doses are taken, then every three hours during the day, not only alleviates the suffering, but ameliorates all the severities of the condition.

OBSERVATIONS FOR THE NURSING MOTHER.

Prolonged lactation brings in its train imperfect nourishment of the infant, debility, anæmia, and pallor of the mother. When this presents the injurious consequences of over-nursing are commenced. The mother feels a peculiar sinking sensation, feels exhausted and nervous, for hours after the child has nursed; the milk becomes scanty, is with difficulty secreted, and without long intervals a fresh supply does not appear.

The nursing mother should be continually well fed and not over worked, the child should not be permitted to nurse at night, and the mother should have her night's rest undisturbed.

Some mothers have had to nurse the babe unduly long, as a species of economy, because of suitable food not being provided for the child. This should not be so.

The babe should not nurse longer than one year, and before the mother endures the taxings of another gestation she should be permitted two years after weaning the child, for mental and physical recuperation. Before this the mother is unfit for bringing another being into life. Without this rest her nervous system is in a perturbed condition, and her mentality depressed, from the long train of delicate cares and responsibilities of caring for the helpless being which she has had to lift, handle and carry, and in which she has had to search out its ailments, needs, and distresses from presenting symptoms without one word of help from the little bundle of helpless humanity.

THOSE VISITORS.

There is no doubt in the writer's mind that not a few bad gettings up from confinement has largely for their cause *too much talking*. *It is astonishing how much entertaining the sick are expected to do*. When people are sick they need *rest*. There is no fever with which the writer is familiar that will *wear out* the sick so rapidly as talking and hearing talk, and in no sickness is this more certainly true than in child-birth. The mother should do no more talking than is absolutely necessary in directing attentions to care and making wants known, for the first month, at least. Friends enquiring regarding the patient's convalescence and leaving a card without seeing her is sufficient for the first month. If this rule is observed a much better recovery will be obtained, and much of the long weaknesses following so many cases will be much shortened, or be more nearly absent.

OBSERVATIONS.

Bichloride of mercury, carbolic acid, and other similar preparations, used by many presumably as disinfectants, are dangerous poisons, and introduced to open wounds are readily absorbed into the system, acting as poisons taken in any other way. In the opinion of the writer, it is much wiser to discard them for something safer. *Cleanliness* of the system *within* and without is the *safe* antiseptic.

PUERPERAL CONVULSIONS.

Parturient women of every age may be attacked with convulsions, if causes exist to produce them. The causes are various. Prolonged constipation, inactivity of the kidneys, and consequent general morbidness of the woman; this may be very greatly augmented by excessive sexual intercourse which has kept her nervous system under a prolonged strain of excitement till prostration has resulted, which is sometimes the case; also, many cases of convulsions in first confinements especially are consequent from fright caused by spread-eagle, blather-skite species of attendants who to make it appear that his or her special services are of so much importance, say all sorts of diagustingly out-landish stuff. When death results in cases of convulsion at this time, it is from exhaustion and shock, usually.

In an obstetrical experience of more than a quarter of a century the writer has never met a case of puerperal convulsions among patients that she was the first physician called, thus having the full management of the case. The cases that she has been called to treat was first in other hands. My husband, Dr. Joseph Cobb, whose experience reached more than fifty years, never met a case of puerperal convulsions among his own patients, neither before, during, nor after confinement,

and he was favored with an unusually large share of obstetric practice.

The writer notes some doctors whose territory is limited and therefore the number of cases not large, who reported twenty-five cases of convulsions, twenty-two cases of deliveries with forceps, and various other mal-haps in an experience of five years. The doctor who has had such success in manufacturing so much dangerous torture to his confiding victims, should with even mildly decent respect for science (?) even if he had no pity for the suffering, withdraw to some other vocation. It is a matter deserving of some notice and study that it is a peculiar trait of some doctors that all of their cases are marvelously bad ones. There are many most excellent, patient, and pains-taking doctors, while there are many who have mistaken the vocation for which they are by nature fitted.

While the convulsion is on, nothing can be done but to place the patient in as comfortable position as possible, and prevent her from biting her tongue, or otherwise injuring herself.

When the convulsion has subsided, the writer has seen the best and quickest results follow the taking of a full dose of the anti-bilious physic (see remedies in this book). Pulsatilla, five drops, added to four ounces of water, a teaspoonful given every thirty minutes till relief is manifesting, then lengthening the time as the symptomatic appearances disperse, frequently modifies the condition. Also, five drops of tincture of aconite, and five drops of tincture of nux vomica, added to four ounces of water. A teaspoonful of this mixture given every ten to thirty minutes, produces quiet and progresses toward recovery. But it is rare that other medication is necessary after the anti-bilious physic has been given and a urinary and alvine response has been obtained.

If the convulsion manifests a disposition to prolong, the following injection per rectum may be used, it rarely failing to give relief: Take tincture of capsicum, ten drops; tincture of lobelia, fifteen drops; water a quart. Mix. One-third of this quantity may be used at one time. In half an hour another third may be used, and the remainder in another half hour, if relief is not promising.

The above treatment is suitable whether the convulsion manifested before labor has begun, during labor or after the birth of the child.

It is exceedingly rare that it is advisable to give chloroform in these cases—so exceedingly rare is it necessary that the writer has not found a case that required it in all her years of experience. While it is true that women ask for chloroform, they do not know the harmful effects that follow its use.

AFTER-PAINS.

After-pains are little noticeable if the system has been prepared as directed in this book. If the system has not been kept clean—urinary and alvine action free, the after-pains will usually be severe and will harass till such action has been obtained, as a rule. A clean, dry, and comfortably warm bed greatly aids in preventing severe after-pains, also being kept quiet and not having to talk much. If alvine and urinary action has been sluggish, free action must be obtained to insure permanent relief. When this annoyance presents there is either great rigidity or great relaxation about these parts, which may be learned by placing the hand over the region of the womb; if there is rigidity, there is a hard ball-like feeling present, and if relaxation is present, the parts are flabby. If there is rigidity present add one drachm of macrotys to four ounces of water, and give a teaspoonful of the mixture every

three hours till relief is obtained, which is usually obtained after three or four doses. A dose may be given every hour till three are given. Or, if a relaxed condition is present, the parts being found "flabby" or flaccid, add a drachm of ergotto two ounces of water and give a teaspoonful every three hours, or every hour till three doses are taken, if there is great severity, till relieved, which usually follows in about the same time as above. After-pains occasionally do not appear in first confinements, but usually accompany other confinements.

In some cases, a dose of the anti-bilious physic is the best first remedy to give the patient. Or, the capsules (see remedies in this book) may be taken, any of the mixtures containing cascara and podophyllin, may be taken, a dose every four hours till free actions from the bowels are seen.

A dose of the Garfield Tea meets the requirements in some cases.

THE LOCHIA.

The discharge following labor is termed the *lochia*. On the second day it begins to decrease in quantity and change from a bright red the first two or three days, to a paler color till it is comparatively colorless. The duration of its continuance varies from nine to fifteen days; occasionally continuing for three or four weeks. When too prolonged, attention must be given to the condition of the general health, and also to the habits and care the patient may be having. Too much being on the feet, too early going to work, the system being poorly nourished, and also aggravation will induce this condition. It varies in quantity in different persons even when in the usual way of recovering, to some extent in some being more profuse, in others scant. The condition of profuse or scantiness is also due in part to a peculiarity of constitution, though

attention must be given that the condition is not due to some abnormal cause. Occasionally the lochia stops suddenly, too soon, and fever manifests. Usually hot pennyroyal tea drunk freely restores it to normal.

The lochia has a peculiar odor, and about the fifth or seventh day the odor appears more offensive, this offensive odor being more or less marked in every case.

The undue offensiveness more frequently arises from the general morbid condition of the system than from any local cause, and medicine for systemic effect is the best disperser of it. The mixture named in the treatment of uræmia, in this book, a teaspoonful given every four hours till free alvine action exhibits will place conditions right. The capsules (see remedies in this book) taken with the same frequency and duration will also serve the purpose. In cases where extensive offensiveness is exhibited and the bowels are disposed to sluggishness I have seen most desirable results follow the taking of a full dose of the anti-bilious physic.

TOO PROLONGED FLOW AFTER CHILD-BIRTH.

If there disposes to continue too prolonged flowing, or wasting, after the birth of the child, there is no remedy with which the writer is familiar that gives better or quicker results than capsella. Take capsella, one drachm: water three ounces. Mix. Take a teaspoonful three times a day. In severe cases a fourth of a teaspoonful of essence of cinnamon in the forenoon and afternoon may be given with good results in addition to the above.

Every third to eighth night take a tablespoonful of the mixture containing cascara and podophyllin, directed in the treatment of uræmia in this book.

ANESTHETICS DURING LABOR.

The use of anesthetics during labor is not advisable, certainly exceedingly rare. Chloroform and morphine are effective poisons, and at this time the system is very susceptible, and there is not the least doubt but many serious results following labor, are due to the above medicines.

ANTISEPTICS AND DISINFECTANTS FOR PUERPERAL PATIENTS.

In addition to cleanliness the writer approves of no other antiseptics than those directed in this work for the parturient patient—the keeping of her body and surroundings clean, the bowels and urinary canal free from accumulations, the giving of the chlorate of potassa as directed, and the spraying of the bed draperies and chamber utensils with oil of winter-green one part and water six parts, gives the good results wished for.

VAGINAL INJECTIONS.

Nature is supplied with sufficiencies for her needs in her natural plan and interference by art or science very rarely improves matters. This is especially true regarding the dressing and cure of the wound to the womb made in child-birth by the removal of the placental attachment.

Nature's first preparator is the serous effusion and the douche of amniotic fluid, and after the expulsion of the child and placenta, the modified dressings of at first red blood, then serous effusion are so especially adapted to the needs that nothing in neither arts or science can approximate them in this respect. Hence, interference by injections into these parts at this time is *injurious and harmful, retards recovery, and may cause convulsions or death or both, and too much caution cannot be exercised.*

In *very* rare cases, those in which there appears too prolonged offensive discharges, as is occasionally the case when shreds of the membranes have retained and are decomposing, the following may be used as an injection per vagina: Take a teaspoonful of golden seal, and pour over it a pint of boiling water, let stand half an hour, and then strain it or drain it off and add two grains of sulphate of zinc. Use this as an injection as above directed, this quantity every other day as long as needed which will probably be three or four days. Very frequently a dose of the anti-bilious physic given will disperse the undue offensiveness better than anything else, and should be given and its action awaited before interrupting these parts by administering injections.

FLOODING AFTER DELIVERY, OR POST-PARTUM HEMORRHAGE.

Sometimes an undue flow or flooding occurs after delivery, sometimes immediately following delivery, or in two or three days after. When such condition appears give one-fourth of a teaspoonful of essence of cinnamon, in syrup, water or on sugar, every fifteen or thirty minutes till controlled. Three drops of oil of erigeron added to each dose increases its effect. Silk or woolen mats or rags squeezed from hot water and placed over the region of the womb and mouth of the vagina also are of great value. These cloths must be changed sufficiently frequent to keep them hot. Spread the hand out over the region of the womb and make gentle but firm pressure, thus aiding contraction, serves in some cases. The writer has had success in some cases by using the injection she has prescribed in this book in the treatment of puerperal septicæmia. Its action is rapid and effective.

Have also found cases to whom she gave a full dose of the anti-bilious physic, which remedy was followed by prompt re-

lief. Also have given the capsules (see remedies in this book) in some cases, and in others the cascara mixture, containing cascara and podophyllin, directed in this book in the treatment of uræmia. In giving either of these last named remedies, a dose must be given every four hours till free biliary alvine dejections are seen to appear.

Cases requiring the above remedies will be found to be those whose systems are in morbid condition; the breath of the patient is loaded with offensive odor, also the stools and urine give off offensive, feverish odors, and the skin and the white of the eyes are of a dirty yellowish, ashen stain. These remedies should be given and their action awaited before administering injections, when it will generally be found that the injections are unnecessary.

These remedies cleanse the system within, which is the needed condition, and lends tone, thus assisting to recovery.

The above treatments have never failed to result successfully in the writer's hands.

Flooding is always dangerous, and prompt attention must always be given. The patient must be kept still and not talk. The above remedies should be provided before confinement is at hand, as it can not be foretold in what case this condition may develope, requiring their use. They are emergency remedies and should be at hand. Hemorrhage snips life out very quickly, especially at this time. Hence time must not be lost. A physician should be called, but do not wait, as life may snip out before one can arrive. Any one can use these remedies and means and they are reliable.

DELIRIUM.

Delirium manifesting during or following labor may be due to the system being overloaded with morbid matters, to some

medicines that may have been given, as morphine or chloroform, or it may be consequent upon prolonged nerve-strain and injury from use of forceps, or it may be due to septicæmia, or to suppression of the lochia.

Hot water applied to the spinal column, a hot water sitz-bath, or a hot water injection per rectum should be given. To a pint of the water used add ten drops of tincture of lobelia and five drops of tincture of capsicum, and half of an ounce of glycerine. This gives speedy relief usually. The hot water may be used alone with good results. A dose of the anti-bilious physic starts the patient on the surest and quickest road to recovery, and should be given as soon as the patient can swallow. In twenty-four hours after having given the dose of anti-bilious physic, give a capsule (see remedies in this book) every other night till three to five doses are taken. Any of the cascara mixtures which contain podophyllin, named in this book, may be given in place of the capsules.

After immediate relief is obtained these last directed treatments should be given to prevent its return.

VOMITING DURING PARTURITION.

Vomiting when parturition is in progress is not to be looked upon with alarm except when it continues till exhaustion is threatened, which is very rare; vomiting occurs in many cases when the *os uteri* begins to dilate and progress is advanced toward completion of labor; and especially may vomiting be looked for if the stomach had been recently filled with food, if the bowels were constipated, or if the patient was bilious. Usually when the stomach has emptied, the vomiting or desire to vomit ceases. When there appears to be no more abnormal matters in the stomach, which may be discerned by that which arises, usually a few sups of *hot* water

or *hot* tea will stop the disposition to vomit. Occasionally the nausea will not disappear till labor is completed.

RIGIDITY OF THE OS UTERI.

Rigidity of the *os uteri* in parturition is generally best and safest modified by a hot water sitz-bath, this alone frequently giving the desired condition. A full dose of the anti-bilious physic administered, is a next best remedy—is frequently the first best remedy; about two hours and a half must be allowed for its action. If the above does not remove the rigidity, administer the following: Take macrotys, a drachm; and water, four ounces. Mix, and give a teaspoonful of the mixture every twenty or thirty minutes, or in milder cases, every hour. The above will be found to meet requirements.

SLOWNESS OR RAPIDITY OF LABOR.

Some women pass through the ordeal of giving birth to a child much more quickly than others. This is due to various causes—and even to many causes unalterable. Women of close firm build, and solid texture of bodily structure, will occupy longer time accomplishing this ordeal; because of this very condition, relaxation or yielding of any part of the system to the relaxed and pliable condition necessary for this function to perform, takes place very slowly. A lymphatic temperament will pass through the ordeal in shorter time than the above case; the vital energies are of much feebler standard, hence there is already a relaxed condition, or a condition of but little resistance.

A patient of feeble and run down health generally, the labor is also modified proportionately.

A patient whose system is stuffed full of filth throughout, full of pent-up effete materials that should have been kept excreted from the body, and whose body has been kept continu-

ally excited, will suffer proportionately in the ordeal of child-birth; these are the ones who have puerperal convulsions, bad gettings up and cross babies. The woman who has not taken sufficient muscular exercise to aid the system to rid itself of its detritus, will also suffer proportionately, as also she who has failed to evacuate the bowels and urinary canal before engaging in the ordeal of labor.

Good command of common sense is a first necessary qualification of the attendant, and willingness to give the patient sufficient time. An attendant who has not these qualifications should not be employed.

OBSERVATION.

“Prof. Bossi, of the Obstetrical and Gynecological Clinic, of Genoa, Italy, reported success in a large number of cases, of the use of sugar as an oxytotic, an ounce of sugar added to eight ounces of water, its effects observed in thirty minutes after its administration, one powder usually being sufficient to induce the expulsion of the child. A second powder may be given in two hours, if needed.”

In cases where labor disposes to prolong, and the existing conditions show no particular reasons why birth is not completed, being nearly accomplished, and yet not finished, probably presents the condition to use the above remedy. The writer has had no opportunity to try this remedy, but sees no reason why it might not be tried. Its effect cannot be injurious as many remedies that have been largely used for this purpose are.

PUERPERAL SEPTICÆMIA. (CHILD-BED FEVER.— BLOOD POISON.)

Especially in the first part of the first week following the birth of the child there is some fever presents, usually appear-

ing about the third to the seventh day. This has been attributed to the breasts filling up with milk, to "milk-flow," but truly this is a small factor in the case. The chief cause of the fever is septicæmia, which presents in some degree in all cases, though generally mild. The chief cause of the fever exhibiting at this time, is about the same as causes fever to manifest in condition of any wound. The place of the placental attachment, the attachment being broken up, leaves a wound. But if the woman's general health is as near normal as can be, if her system is not over-loaded with morbid matter—if she is not bilious, nature will right the condition and take care of the situation more safely and better than all of our knowledge can supply.

Augmenting and promoting factors of both development and severity are, retained placenta, or portions of it, retained blood-clot, retained shred of membrane, any and all of which retentions decompose; too early ceasing of the lochia, having taken chloroform or morphine; parts being lacerated, which is very rare, or unduly bruised, as in instrumental delivery, augmented by a morbid condition of the general health, a constipated condition of the bowels, inactivities of the kidneys—the biliousness, and syphilitic taint. The biliousness alone very frequently being the chief cause.

The fever, which may or may not be accompanied by offensive odor, is the first marked symptom presenting; this may be soon followed by delirium. Tenderness may extend all over the abdomen, or may be entirely absent and swelling be present instead, or both of these symptoms may or may not be present; more or less aching of the hips, back, limbs, and head, or an undue lack of sensation in all parts of the body may present. Also, a dead, numb-like feeling appears over the abdomen, especially the lower part, this sensation being very

like that experienced in a limb of the body when it is coming out of a sleep. Two very marked symptoms are congestion of the lungs and disturbance of the heart which exhibit in intensity in proportion to the severity of the septicæmia. There is usually, at least partial paralysis of the lower bowel as is evident from the exceedingly obstinate constipated condition of the bowels almost invariably present, sometimes so much so as to necessitate removal of the feces by instrumental means. A long slim spoon-handle-shaped instrument serves for this purpose, nothing else being needed. The feces are to be removed from the lower part of the rectum by way of its outlet. Any one can do this. It is exceeding rare that a case is found presenting this degree of feebleness. The writer has met but one case. Proper attention, however, to this feature is seldom given; there may be some action of the bowels daily but not sufficient. Occasionally diarrhea exhibits, but more frequently one is led to conclude that those executive parts are paralyzed, so dormant are they.

The best procedure in all of these cases is *prevention*, which consists in first giving a proper attention to the general health of the mother during gestation; a proper preparation before engaging in the ordeal of child-birth (see elsewhere in this book); a most careful handling and care during labor; removing the wastages, placenta, and membrane shreds, keeping the urinary and alvine actions free, the body and surroundings clean, keeping her well fed and quiet, and the milk removed from the breasts, and last but not least, avoid unnecessary curetting.

Examination to detect such retention is necessary. A very slim, long, soft hand is the best instrument for this purpose. Shreds of membrane should not be forcibly removed; instead

of forcibly removing them the following should be given: Add half a teaspoonful of macrotys to four ounces of water, and give a teaspoonful of the mixture every two hours. Three or four doses are usually sufficient to cause them to remove. This treatment also serves when there is retained any placental parts or shreds.

Alvine action must be produced. For producing this action the capsules (see remedies in this book) may be taken, one every four hours, till free alvine dejections have manifested. If there has dropsical swelling manifested, the following serves a good purpose: Take equal parts of sulphur and cream of tartar, and sugar to make palatable. Mix. Each morning a heaped teaspoonful may be given, and a capsule (same as above directed) taken every night, for three to five days, then every third to fifth day, so long as necessary.

If there are stinking odors clinging about the patient, the breath, sweat, or discharges, take a teaspoonful of chlorate of potassa, and add it to half a glass of water, and give a teaspoonful of the mixture three times to twice a day.

If the lochia has stopped too soon, drink freely of pennyroyal tea, hot as can be supped. This usually induces its return.

The patient must be kept quiet and clean. The foods must be nutritious but over-loading the stomach must be prohibited.

A cup of hot water supped hot as can be without burning, taken the first thing in the morning, and followed by taking the juice of an orange, is an excellent preparator favoring an appetite for the day.

Oil of wintergreen, a drachm, added to a teacupful of water and sprayed or sprinkled about the bed draperies, and room, disperses bad odors, making the atmosphere of the room agreeable.

In some of these cases, where there is much offensiveness of odors exhibiting, a first best remedy to give is a dose of the anti-bilious physic.

The hot water sitz-bath is very beneficial in allaying inflammation in these cases. It should be used once a day in mild cases; in severe cases morning and evening.

The liniment directed in the treatment of milk-leg, in this book, should be applied freely over the abdomen, especially the lower part, once or twice a day.

If, after using the foregoing treatments, recovery does not dispose to progress, if there continue manifesting undue offensiveness about the pelvic parts, administer the following injection: Take a heaped teaspoonful of golden seal and pour on it a pint and a half of boiling water; let it stand for half an hour where it will keep hot, then strain it and add to it two grains of sulphate of zinc and very carefully inject the mixture just into the vagina. An additional injection each day for two or three days is usually sufficient to cure.

OBSERVATIONS.

Puerperal fever, child bed fever, septicæmia, blood poison, "milk-leg," erysipelas and convulsions where fright has not been the cause, or where it is not consequent upon some obnoxious medicine, can, in ninety-five cases of every hundred, be avoided by giving the patient a thorough cleaning out from biliousness with the proper remedies. This cleaning out, this "physicing" must be done both before labor and immediately following it. This treatment both prevents and removes undue accumulations, which is the cause of the above morbid conditions.

For the purpose of keeping this cleaning done, and for removing the morbidness when it has been permitted to accumulate, the anti-bilious physic (see remedies in this book), any of the mixtures containing podophyllin and cascara named in this

book, the capsules (also see remedies in this book) and the Garfield Tea, are the best remedies for this purpose.

SEPTICÆMIA AND THE CURETTE.

A few small fragments may delay in removing, but in no case should they be forcibly removed by either the hand or curette. The habit of curetting the uterus for the purpose of removing the above is dangerously injurious, and I condemn the procedure. Cleanliness must be had, yes, but do it in that way that conserves to the safety and bests interests to the welfare of the woman.

The uterus is self-cleansing, expels the septic matters instead of absorbing them, and its discharges at this time wash itself—the uterus, out—cleansing it. The external parts must be cleansed from these discharges, there being nothing better for this purpose than simply hot water—hot as can be borne without burning. A sponge or rag is dipped in the hot water for washing these parts.

If some fragment has delayed in removing, give the following: Add one drachm of fluid extract of macrotys, to four ounces of water, and give a teaspoonful of this mixture, every four hours. By the time three or four doses have been given, usually, whatever fragments may have delayed in removing, will be found to have expelled.

MILK LEG.—SEPTICÆMIA.

Milk leg is an euphonious name given to a distressing morbid manifestation that exhibits in some cases after child-birth. From the fact that the manifestation appears about the time that the breasts fill with milk, or usually in about three to seven days after the child is born, gave rise to the belief that

the milk from the breasts found its way into the leg, or legs. Such a belief is erroneous.

The cause of the manifestation is due to the morbid condition of the general health of the woman already existing when the woman enters the ordeal of child-birth, and the neglect of proper attention to rectifying this fault, and additional neglect to place the woman's general health in the proper condition following the ordeal of child-birth.

The condition is septicæmia, blood poison, puerperal fever, or "child-bed fever," if you prefer to so call it. It may not markedly manifest for a month after the birth of the child, but this tardiness is unusual. But whether its appearance is early or late, its cause is the same.

Though there is a general feeling of uncomfortableness more or less severe, there is marked heavy, dull pain in the lower part of the abdomen, in and about the groin, extending down inside of the thigh, and sometimes down the entire length of the limb, and into the foot or feet. Usually this is followed by more or less swellings, the pain usually then modifying to some extent, or it may cease, and proportionate helplessness of the leg or legs, or of the entire body may ensue.

There is usually chill of more or less violence, in some cases extending into a rigor—severe shaking of the patient, followed by fever, and this may follow or precede the above manifestation. The skin usually becomes white and glossy, and pressure on the part produces pain. If not properly treated it may terminate in abscess.

Prevention is always better than having to endure long suffering, and a suffering with a doubtful ending, whatever form the suffering may manifest in. If the woman's general health has been kept in as good condition as possible, and she is given the proper care during the ordeal of child-birth and

following it, it is exceedingly rare that this annoyance manifests. (See the articles in this book under the headings, "Observations for the Pregnant and Puerperal Woman" and "Additional Care of the Puerperal Woman.")

If it has manifested, administer a sponge bath, using water hot as can be borne without burning. Especially give this bath from the waist line down, and administer it once a day during the severity of the sickness. To a gallon of water used, half an ounce of alcohol may be added. After the bath has been administered, the following liniment should be applied over the spinal column from the waist line down, and over the lower part of the abdomen and over the leg, or legs. Take spirits of camphor, tincture of arnica, turpentine, of each one ounce; laudanum, half an ounce; essence of peppermint, four ounces, and castor oil, half an ounce. Mix and shake the bottle well before applying it.

When there is severe suffering in the limb, and there frequently is, the writer has seen quick relief immediately follow the application of a mustard plaster applied all over the limb where painful, the pain not returning and evident betterment exhibited.

When the above attention has been given, then give a dose of the anti-bilious physic, and let the patient remain quiet. This remedy thoroughly and quickly removes the morbid and poisonous matters from the system, and with the result that further progress is checked, and the patient starts to recovery.

In twenty-four hours after taking the anti-bilious physic, administer an injection per vagina, using either the golden seal preparation directed in the treatment of leucorrhea, in this book, or simply hot water. This should be used every other day during the severity of the attack; rarely three to five times being required.

Take fluid extract of aromatic cascara, olive oil, glycerine, of each one ounce; simple syrup, two ounces; chioanthus and tincture of golden seal, two drachms. Mix. Give a teaspoonful of the mixture half an hour before dinner and supper, every day for three to five days, then continue taking a dose from once a day to every third night, so long as needed.

If the above treatment is properly followed the result will be recovery.

THE INVOLUTION OF THE UTERUS.

The process by which the uterus, or womb, returns to the unimpregnated size, is termed *involution*. In this process, the uterus reduces in size, resuming nearly the size and shape which characterized it before impregnation took place.

Under the best of conditions this process is gradual, requiring two or three months, and in nearly every case, a longer time, especially if the mother is nursing the child, or is unduly upon her feet.

This may seem an unnecessarily long period to those who have been accustomed to permitting but three or nine days quiet and remaining in the recumbent position, and the woman getting up and engaging in the increased labors of the household economy. But it must be remembered that this organ and its supports have undergone a prolonged weight and expansion, and hence are tired and somewhat weakened, and they not being permitted time to return to strength and former tone, not only deforms the woman, but by the woman's energies being called upon too soon in exercise on her feet and lifting with her arms, tends to keep them weakened and prevents reduction and return to health. Hence, I would say to the mother, remain in bed at least two weeks, and take the recumbent position for half, at least, of both the forenoon and afternoon each day, for two or three months.

While the mother remains in bed, she may take any position in lying down that she feels comfortable in, but each day she may take the sitting position, by assistance, from ten to twenty minutes, forenoon and afternoon, or at least once a day, as this favors drainage from the birth-place, and prevents the wastage from these parts remaining so long as to become injurious and offensive.

ABNORMAL PRESENTATIONS.

In abnormal presentations, if attention is given before labor has progressed too far, a head or normal presentation may be brought about by careful external manipulation, in some cases. The writer has effected as much. It is done by watching when the child recedes and then starts to make another descent, when by properly placing a hand on either side of the abdomen, the child can be properly directed. While this can be done in some cases it cannot be in every case, and it is more frequently best to let the birth proceed as it will. The greatest care must be observed and the most gentle and tender manipulation.

BREECH PRESENTATION.

There are comparatively few cases of breech presentation, though they are occasionally met. When breech presentation is evident, do not attempt to change the position, as such procedure almost always results for the worst. Encourage the woman to be patient as possible, and let the birth proceed, watching constantly the progress made, and when advancement is so far made that the feet are nearing readiness to expel, very gently assist while the pain is on, by very gently bringing down one foot—the other foot usually immediately follows the first. The arms are usually found extended upward along-side of the head; one arm may be very gently brought down while

an expulsive effort is being made by the mother—while a pain or expulsive effort is on, but it is decidedly advisable to let the other arm remain and come with the head, as it assists in the birth of the head in that it prevents contraction of the *os uteri* over the head around the neck, which, when this takes place, expulsion of the head is much more difficult—in fact is exceedingly difficult. This is the writer's mode of procedure, by which she obtained good results. In all these procedures the greatest caution must be exercised.

Occasionally the feet and head are in position so near together that the expulsion goes on until the entire body is born. Even in this position it is safest to let the birth proceed on its own plan, as more frequently interference is fraught with injury.

Those cases which are sometimes met in which the entire body is found born, and only the head remaining unborn, the greatest difficulty is confronted. When this condition is present, gently lift the body of the child to a position sufficiently level with the head to prevent any hanging weight on the head. The occiput of the head will usually be found resting on the pubes and the chin on the promontory of the sacrum. The finger may be gently introduced along the vaginal wall next to the rectum till reaching the chin, pressing it gently forward till the finger may be placed in the mouth, when it can be brought down by careful manipulation, when the expulsion of the head is more easily effected.

Undue haste is not admissible, and the greatest gentleness and care must be observed, as by haste or carelessness, rupture may result, or a limb of the child broken.

TRANSVERSE PRESENTATION.

In transverse presentation this disposition is apparent before the second stage of labor has been long in progress. A

careful and watchful attendant may manage to direct the presentation aright, through the abdominal walls. By watching the child descend downward with the expulsive effort, the hands may be so placed on each side of the abdomen as to direct the proper presentation, in some cases; yet this cannot always be done, and when reasonable effort has been made with no progress it is safest to let the birth proceed as it will.

PROTECTING THE PERINEUM.

The most successful way to protect the perineum from laceration, is for the woman to be properly prepared for the ordeal of child-birth (see directions in this book), and to not unduly hasten labor. This is all that can be done. Any other meddlings about these parts is harmful.

If a hand or foot comes down—is born first—it is safest to let the birth go on as it will. Attempting to force either back is fraught with harm.

Attempts to cure a ruptured perineum can not be safely and successfully made immediately after child-birth; from the necessity of the lochial flow having to pass over the wound, the wound cannot be kept dry and clean. It also enhances the danger if chloroform be given at this time.

COMING DOWN OF THE CORD.

Occasionally a case is met where a portion of the cord is passed, or born before any part of the child. The writer has met three cases; in none of them was labor interfered with in any way, nor was the child annoyed nor in any way obstructed, both mother and child doing all right.

BLINDNESS.

Blindness manifests during some labors, making its appearance as the second stage of labor advances. Especially is this

true in hard labors, cases where the system has become unduly morbid furnishing our worst cases. It is generally temporary, gradually disappearing as recovery from shock and severe straining progresses. The eyes, however, are always more or less permanently injured—weakened from the ordeal, and additional great injury results from the mother's eyes having to meet the glare of artificial light of nights in attending the babe, especially is this injurious after having been asleep. Bathing the eyes mornings and nights with hot camphorated water, one part spirits of camphor to ten parts water, is good. The mother should avoid exposing her eyes to an artificial light by early teaching the infant to sleep till morning without nursing.

USING FORCEPS IN DELIVERIES.

The introduction of forceps and the use of them is a haphazard convenience with wonderful powers of destroying life and ruining health. The greatest element of danger lurks about all cases of artificial labor. Good obstetricians are exceedingly few, especially among male physicians; their opportunities for gaining facts in this field are exceedingly meagre, as mid-wives attend by far the largest number of these cases, the men's knowledge consisting chiefly of theory.

The cases requiring instrumental interference are exceedingly few—so few that an obstetrician may spend a long life in attending child-births and not meet two cases—and not meet *one* case.

No obstetrician has a right for his or her own selfish ends and financial increase, to hasten the termination of child-birth by taking undue advantage of a woman because she implores to have her sufferings ended, thus unhesitatingly jeopardizing, and perchance sacrificing the woman's future health by the use of the dangerous forceps under the false promise of "timely as-

sistance," when in true wisdom and mercy the attendant should have saved the patient from prolonged suffering by properly directing her and encouraging her in this intense suffering.

THREATENED MISCARRIAGE.

When conditions present threatening miscarriage the patient should take the recumbent position, remain quiet and send for a physician.

If hemorrhage manifests, essence of cinnamon, one-fourth of a teaspoonful, and oil of erigeron, five drops. Mix and take it on sugar or in syrup. A dose may be given every twenty minutes if severity is great, lengthening the time as betterment ensues.

Also, in conditions of the same manifestation, the following has proved effective in some cases. Take tincture of aconite, five drops; ipecac, five drops; water, four ounces. Mix. A teaspoonful of the mixture may be given every fifteen minutes, lengthening the time of giving as betterment ensues.

MISCARRIAGES AND ABORTIONS.

Miscarriages and abortions do not properly come under the subject of child-birth or confinement proper, and can not be treated of under the subject of confinement, but must be treated of under their own headings. The writer notes that this plan is so used by eminent writers, and so spoken of by educated physicians, and it has been the custom of the writer to so consider and speak of these conditions.

While it is true that in either and both of these manifestations pregnancy exists, the manifestations are morbid, and the management requires somewhat different attentions from the cases of confinement proper.

When either of these manifestations is threatened or exhibits the patient should take the recumbent position, remain quiet, and a skillful physician should be called.

Cases of this nature present manifestations and peculiarities peculiar to each case, and the care that might be necessary can not be directed in a work of this scope.

Some cases are constitutionally disposed to abortion or have a tendency to miscarry, even with the best of care, while there are other cases in which various causes may have been provocative of the condition. However, with proper care there are comparatively few cases of pregnancy that will not continue the proper period of gestation.

HELPFUL HINTS.

In dry labor, fifteen drops of tincture of nux vomica, added to four ounces of water, a teaspoonful of the mixture given every fifteen to thirty minutes, appears to facilitate labor.

Febrile troubles, and tardy convalescence follow the use of chloroform and forceps, give the gynecologists cases of female diseases, a miserable life to the woman, and a depleted pocket-book to the husband.

Time and patience cannot be too highly extolled as a virtue during the entire stage of all labors, and during first labors especially. There is far less danger in a few hours delay in labor, than hastening the labor with forceps.

Soilings must be kept from about the parturient woman, the parts washed from two to four times a day and clean protectors or absorbents adjusted.

If badly feeding, nasty keeping, and ill treatment will make the cow's milk unfit for baby's food, what effect will the same treatment have on the mother's milk?

EXTRA-UTERINE PREGNANCY.

Cases of extra-uterine pregnancy are of so exceedingly rare occurrence—so exceedingly few are really found—that it is unnecessary to devote attention to the subject in this book.

MONSTROSITIES.—DEFORMITIES.

Monstrosities and deformities are met in the human family, as well as in all other animal life, and also in all vegetable life.

Monstrosities constitute those cases where nature has perverted from the normal plan, or original plan of its species, which is occasionally met in various manifestations in both animal and vegetable life.

The name monstrosity is generally confined to those cases which are greatly perverted, as the examples of Cheng and Eng, the Siamese twins; Rita-Christine, whose duplication of body discontinued below the waist; the woman with four legs; Heline-Judith, whose bodies were united at the hips; and the Tocci brothers. Deformities may include these examples, and those cases in which the development of a part or parts are totally lacking or only partial.

Causes leading to these manifestations are various and not well understood. As to how far prevention of these perversions are preventable is yet a matter of much speculation. While morbid impressions, obstructions and disturbances undoubtedly influence to a great degree the unborn in many ways, to just what extent they influence is difficult to determine.

THE FIRST WASH OF THE NEW-BABY.

At least three quarters of an hour, or an hour should elapse after the birth of the new baby before it is subjected to the washing process, and dressed. It should, however, be anointed, or smeared all over with pure vaseline, or lard, and

well rolled, or wrapped up in a woolen flannel or suitable covering prepared for the purpose, leaving a breathing space for its mouth, and place it where there is no possibility of its becoming chilled, or injured.

No matter at what season of the year the new comer arrives, the room in which it is washed must be warm. The climate from which it has arrived was of high temperature, and to expose it to the unwarmed atmosphere of the room, with body bare and wet, is simply to lay the foundation for a squalling time for weeks to follow.

There must be at hand the following: A woolen blanket to wrap the baby in immediately after birth. Two ounces of pure vaseline, or lard.

A binder, or band, and a piece of absorbent cotton, two and a half by six inches, or preferably a piece of soft cotton cloth, a piece that has been worn but that is thoroughly clean.

A cotton-flannel napkin, and small inside napkin (this inside napkin is to be burned when soiled).

A shirt of all-wool fabric if winter, if summer, some soft-faced half-wool fabric will serve. The shirt should be made high at the neck and with full length sleeves.

An all-wool flannel skirt.

A gown, and woolen shawl or wrap.

A paper each of large and small safety pins.

A cake of castile soap, two small sponges or wash rags, and a soft towel. No powders of any kind. A jar of pure vaseline.

There must be two wash basins of hot water, and plenty of hot water at hand so that the bath water may have an addition of hot water should it exhibit getting cool, and there is then readiness for the washing process.

Wet one sponge or rag in the water, which must be kept just so warm as not to burn, lather it fairly well with the castile soap, and go rapidly to washing, beginning at the feet and work up, wash fast, being careful to perform the washing without turning, which tends to produce a suggestion of bruised soreness; quick as you have cleansed over the surface to the arm-pits, with the soaped sponge or rag, immediately with the other one dipped in the clear basin of water, rinse over these parts of the body, dry and cover; finish at the head in the same way that the other parts were cleansed.

DRESSING THE CORD.

The cord must now be dressed. Take the absorbent cotton or cloth, the cloth preferably, fold it double cross-wise, and cut a hole in the center of one half of it sufficiently large to admit of bringing the end of the cord through it; moisten around this hole with pure vaseline, bring the end of the cord through this hole, fold over each upper corner of the cloth now lying against the body of the child, bring up the lower end sufficient to fold over the end of the cord, and turn the end of the cord upward against the abdomen and confine it in place by placing over it the band, and with small safety pins, pin it at the back, folding the surplus length back underneath the pins.

Dip a snip of soft cloth in the vaseline leaving a suggestion of vaseline on the cloth, and touch slightly any bends, in the groins, under the bends of the knees, in the bends of the arms etc., and the babe is ready to dress. Now put on it the napkins, and fasten with a large safety pin. Next put on the shirt, next the skirt, and last the gown. It may now be placed to keep comfortably warm. Usually the new babe will go to sleep right away after being washed and dressed, especially if the water was quite warm and the little one has not been

chilled, and it is permitted to do so; this permits of sufficient time to place the mother in comfortable and cleanly condition, and gives her nerves a little time to recuperate.

OBSERVATIONS IN CARING FOR THE NEW BABE.

Its first food must be its mother's milk; this is especially adapted by nature for the requirements of the child's special needs at this time, and there is neither medicine nor foods of which we can prepare that can equal this "physic" that nature has prepared for the babe in its mother's milk.

Being handled and the surrounding noises, and perhaps to being cold, and not hunger, causes most of the squalling of these little creatures during the first twenty-four hours.

During the day the babe may nurse when hungry and till hunger is satisfied, till it is six months old; but it must be taught from the first not to nurse during the night. If the child is hand-fed the same rules are adaptable. After six months old the child will be satisfied and will do well with its three meals taken at the table when the family eats, and a nursing two times a day between these meals.

An infant usually urinates within the first twenty-four hours after its birth. If it does not, a silk or woollen cloth folded three or four thicknesses, dipped in water so warm as not to burn, and placed over the region of the bladder, will usually induce it. A piece of thick brown wrapping paper, wet with spirits of camphor and placed over the region of the bladder will induce urination in the infant. It is rare that this last named remedy fails to produce the desired result.

The meconium, or "black feces," usually passes in about six or twelve hours, occasionally earlier.

Occasionally the breasts of the new babe are found disposing to harden as if inflammation was presenting, and there

appears to be soreness. This by some people is attributed to the presence of milk. Whether there is milk present or not, attention to the condition must not be neglected. Cases are reported in which suppuration has taken place.

Take camphor gum, one ounce, and mix it by gentle heat, with twice its bulk of pure hog's lard; apply a portion on a woolen cloth, so warm as not to burn, all over the gland or breasts. Apply it twice a day till the hardness has subsided.

While it is necessary to watch the new babe's body carefully all over every day, and especially till the end of the cord has removed or dropped off, do not wash it all over the body every day after the third day. Keep it clean, certainly, but to do so it is not necessary to wash it all over its body every day. Every third day is quite sufficient.

HEMORRHAGE FROM THE NAVEL.

Hemorrhage from the navel sometimes occurs. Occasionally this is due to the cord being improperly tied, though rarely, as it is generally due to some imperfection in nature's plan. It may occur after the stump has fallen off, from the parts not being properly healed, and this may be due to a natural feebleness of the child which prevents healing; or, simply to a sluggish and feeble habit of the child. If the hemorrhage is extensive a doctor should be called. If the hemorrhage has occurred before the stump has fallen off, inspect to see if the ligature is sufficiently tight and, if it is not, make it more firm. If it appears after the stump has fallen off it is probably due to deficient healing. If such is the case, apply equal parts of tincture of benzoin and vaseline, on fine cotton, and confine it in place.

ULCERATION OF THE NAVEL.

Ulceration, or a degree of inflammation sometimes appears about the navel in its early healing. Its causes are various.

It may be due to the band being kept too tight, to neglect in cleanliness, to a feebleness of the child, to inherited syphilitic taint, or to some cause not easily discerned.

Whether ulceration or simple inflammation has manifested, the following will be found to induce healing in most cases: Wash the part with hot water and castile soap, using the soap freely to insure cleanliness, then rinse the part with hot water, a third of a teacupful, to which has been added fifteen drops of tincture of benzoin, and dry with a soft cloth. Mix equal parts of vaseline and tincture of benzoin and apply it on a piece of fine new cotton and confine the dressing in place by means of a band.

SORE EYES OF THE NEW BABE.

A very large amount of the sore eyes manifesting during the early weeks of infantile life is chiefly due to exposure of the child's face and eyes to chill air and the glares of light, causing congestion and consequent inflammation. In some cases there is present syphilitic taint which may be its chief promoting factor; in such case the condition is much more serious.

Protecting the face from undue glare of light and chill air, and bathing the eyes with simply hot water—*hot*, not warm, serves to remove the disturbance in nearly every case, even though there be syphilitic taint present. It is exceedingly rare that a case is found that it will not get well, and in the quickest possible time, from the above treatment.

In exceedingly severe and obstinate cases, the following may be used a few days, once a day: Add five drops of spirits of camphor to half a teacupful of hot water. Wash the eyes with this mixture by means of a bit of new cotton.

Also, place half a teaspoonful of golden seal, in powder, in a cup, and pour over it half a teacupful of boiling water; let

it stand half an hour, strain it and it is ready for use. Use it hot and apply as above.

OBSERVATIONS.—EXCORIATIONS AND SCALDINGS.

When excoriations, scaldings, or inflamed manifestations exhibit about the parts and nates, it is due to abnormal condition of the child's health, chiefly the kidneys. Occasionally it comes from the child not being kept clean and dry, but this is rare.

If the child is but a few weeks old and is nursing its mother, she may take medicine sufficient that the infant may obtain the beneficial effect required through the milk. In case this is sought to be effected the mother must take sufficient. The capsules named in this book (see remedies) may be taken, one every four hours till three to five have been taken; then one should be taken every third night, till four or five have been taken. The cascara mixture directed in the treatment of uræmia, in this book, taken sufficient, will also give the desired relief. In the majority of cases of very early life of the infant, this will give the desired relief, the infant receiving remedial effects through the milk.

If the infant is some months old, frequently a few doses of Castoria will give the desired relief. Fluid extract of aromatic cascara, half a teaspoonful, given a babe three months old, giving a dose every six hours till alvine action is increased, also brings the desired effect.

In older cases the following will serve promptly: Take fluid extract of aromatic cascara, half an ounce; essence of peppermint and glycerine, of each one ounce; simple syrup, two ounces; podophyllin, half a grain. Mix. To a child six months old give a teaspoonful of the mixture every eight hours till alvine

action is increased. Shortly after this appears a betterment will be seen and will continue to recovery. Three to five doses usually being sufficient, but occasionally a few more doses may be required. Dose for other ages, in proportion to age. Wash the local parts with water to which a little borax has been added, using the water so hot as not to burn. This will disperse the local irritation in most cases, there being but few that will not yield to this treatment. Twenty drops of tincture of benzoin added to half a teacupful of water, and the parts washed with this mixture, will also disperse the local annoyance. Also, washing the parts with simply hot water will disperse it. (See Hives elsewhere in this book.)

SUGGESTIONS REGARDING THE CONSTRUCTION OF BABY'S APPAREL.

Cotton flannel makes the most serviceable napkins, and a yard square a most suitable size. This size admits of doubling to four thicknesses, which answers, usually, for protecting purposes till the infant can be taught to give signal for special care. A mat may, however, be placed under the little one as a farther safeguard when in bed, but it should not be pinned on it. The cotton flannel will not absorb well till it has been boiled, hence it should be so treated two or three times, and then mangled or ironed.

The bands, or binders, must be made of soft woolen flannel, or lined with soft woolen flannel, no matter what season of the year. The proper size to make these bands can be determined by the prospective mother spreading her hand as if to touch the extreme keys in an octave of the piano, and measuring from the end of the little finger to the end of the thumb—twice this length being the length required to reach around the body of the new babe; to this length add five inches which gives the proper length to make the band; the

extra length must be folded back under the pins so as to prevent them touching the little one's body. There must be two gored seams in the lower edge of the band, extending one-third of the width of the band, and situated about an inch and a half on each side of the middle of the length of the band. The index and second finger left between the hand and the body of the child, when pinning the band, will when removed, leave the band about the proper tension. By too great tension of the band hernia has been caused. There have been such results.

The shirts must be of woolen fabric, in weight to suit the season. They must have long sleeves and be high at the neck.

The skirt should be made—the skirt joined to a sleeveless waist made to button up at the back, and sufficiently large for easy comfort. Those made with a skirt joined to a great wide band long enough in length to reach around its mother's shoulders, necessitating winding and winding, to get it adjusted, making a bunglesome nuisance, should certainly become obsolete.

The gown should be made a mother-hubbard, or some such roomy shape, and button from the neck to the waist line in *front*.

The clothing constructed in the above manner insures comfort to the child and convenience in handling, thus saving from discomfort, fatigue and worriment in being handled, and does away with pins about the child.

Much objectionable washing may be avoided, especially in the early weeks of the child's life, by placing an inside napkin next to the child's body. This inside napkin may be made of inexpensive fabric, then it may be burned.

CARE AND CLEANSING OF NURSING BOTTLES.

Much complaint is made by both writers and physicians regarding the care of nursing bottles, attributing so much of

the sickness of infants to improprieties with these articles: The writer has never met a case of sickness among infants where the cause could be attributed to filthily kept nursing bottles, notwithstanding she has seen those used from the rag and goose quill nipple to those of the most elegant structure. It is true, however, that much repulsion can associate about a nursing bottle. Milk decomposes very quickly and when associated with bottles, nipples, etc., that have been soaked in soda and water, as many physicians instruct mothers and nurses to do, a most distressing stink results.

The nursing bottles with the long rubber and glass tubes, are a necessity, till the child is at least four or six months old, and these require the greatest care. First, there should be no milk permitted to remain in the bottles between the feedings, then there will be no sour milk to remove, which is the most difficult to do.

To cleanse, have ready a brisk soap suds as hot as the hand will endure; remove the nipple and tubes together from the bottle and place them in this suds, and also the bottle; press the nipple between finger and thumb as you would the bulb of a syringe for introducing water into it, and thoroughly slush the glass and rubber tubes and nipple, which removes all particles of milk; now place these in clear water hot as above, and slush with it, then remove the nipple from the tube and separate the other parts, whisk all well through the water and place to drain. Cleanse the bottles in these waters and place to drain, also. At least three bottles are necessary for each infant—six are more convenient, as that will permit the bottles, tubes and nipples longer time to air.

The process of cleansing must be completed as *quickly as possible*, to prevent the nipple and tube from becoming water-

soaked. Neither the bottles, tubes, nor nipples should be permitted to remain wet nor soaking in any preparation. This has been the writer's method in the care of these bottles for many years, and has had it practiced in families successfully.

If the above instructions are followed, the nursing utensils will keep in perfect condition. Just before placing the food in the bottle, rinse it, the tube and nipple, in clear water.

The habit of doping these utensils with the various and numerous "antiseptics" and "disinfectants" directed by many, is a harmful superfluity. The cleansing precautions the writer gives above keep the bottles pure and fresh.

THE NEW BABE.

The new babe is a bundle of helpless dependencies introduced into a new sphere of activities, that of performing and carrying on the offices and functions of its own bodily economy and mental development. At first, though the function of respiration is regular, it is not prepared for the excitement caused by motion, nor its animal organs for exercise, hence repose and quiet are essential to its welfare, it creating its own necessary exercise in crying, sucking and the many movements of head, hands and feet. The tissues of its body are tender and sensitive, and those of the bones are soft, pliable and elastic, being cartilaginous or gristly, and are therefore unfit for enduring strain, force or weight, hence it should not be forced and hastened to an upright position. Its body should lie quietly on a bed, crib or couch, all parts of its body being carefully and comfortably supported, with as little handling and noise about it as is consistent with its necessary care, for at least the first two months of its new life. During the first six months of the child's life the greatest part of its time should be spent in the recumbent position. The weight of the head is heavy, out of proportion to the ability of the spinal column to

endure weight, and in the recumbent position this weight is prevented from continuing on the spinal column, and thereby permits it to develop its normal contour.

Their exercise can hardly be controlled or directed with safety, but rather the inclinations of nature followed and seconded. Nature sufficiently early gives it the impulse for the upright position, and the doddling motion of the head shows that fatigue follows even but a short stay in that position for many weeks after its first attempts. While the little one must have change of position to relieve pressure on parts on which it may be placed and to permit a free circulation, this change must be made in such a way as not to place the motion wholly on the strength of the child, for while it needs the change its strength is not sufficient to make them of itself.

After a child is four or five months old a most admirable place for it, and one that adapts to its requirements better and safer than any other, is on a comfortable mat upon the floor, with a liberal supply of soft and attractive cushions and playthings surrounding it. This permits of spontaneous action and supplies with accessible accessories for self-entertainment, and opportunity to use its body as its strength increases; it also prevents injuries from falls, and its desire to obtain surrounding objects and to go from place to place, and in due time prompts it first to crawl and then to try to get upon its feet and then to walk. The child thus permitted to lie and toss about on the floor obtains better health, more satisfactory exercise, and is less irritable, as a rule, than the child that is continually held in the arms of a nurse or confined in a crib.

Violent rocking or shaking is not commendable in quieting or composing infants to sleep. The sh-sh-sh, and the gentle pat, practiced by some German girls who care for children so quietly, is admirably suited in soothing fidgety nerves, and

coaxing restful sleep. It is one of the gravest mistakes to encourage a child to walk alone earlier than the fifteenth or eighteenth month; though from fourteen to eighteen months old is the usual age for the little one to walk alone, it is unwise to hasten it, as bent legs, weak ankles and knees are its fruits.

Children can be trained to make but few outbursts of crying, and that few short, as easily as otherwise. Crying is part of baby's means of letting known its wants or sufferings, as well as displays of anger and of rebellion, all of these manifesting very early, it apparently understanding just when it wants to use them. By placing it in comfort stops the cries for the first named, and by a sweep of the open hand with very mild pressure over the face, including eyes, nose and mouth, or frequently a look of great surprise from the nurse to the little one will control its temper cries. It is astonishing how early these little ones learn to understand that crying is annoying.

BABY RASH, OR INFANTILE RASH.

Almost every baby in a few days after birth, within about two weeks, occasionally it may be six weeks, is affected with a red-like eruption over the body. In some cases it is more marked than in others. Usually it need not be looked upon as anything serious. I consider it due to a kind of reaction of its system consequent upon it taking on all of its own living to do.

Among some classes there may be syphilitic taint in addition; when such is the case the severity is augmented.

Usually it subsides with no other treatment than carefully administering its sponge bath. Occasionally a degree of restlessness and fretfulness manifests. When this occurs, give catnip tea to which has been added a pinch of sulphur.

Also, a little calamus tea to which a pinch of sulphur has been added, gives relief. A teaspoonful of either (mildly strong), given three or four times a day, or in the twenty-four hours, should be given. There is seldom anything more necessary.

TONGUE-TIED.

Tongue-tied is a condition in which the tongue is bound down to the lower jaw too closely, and interferes with the tongue in nursing, or, in talking. The condition is of so rare occurrence, however, as to be scarcely worth the time to mention it. The writer never met a case of it. Should such exist it is a case for a surgeon. But almost all tongues become quite active enough.

HIVES.

The condition given the above name, is an eruption manifesting over the surface of the body in large patches with a somewhat swelled center more white than the rest. It is accompanied by more or less itching. The patient is also more or less nervous and restless. When appearing in infants this eruption is called hives, and when appearing in older subjects it is called rash or nettle rash.

Administer a sponge bath daily, using the water so hot as not to burn, and plentifully of castile soap. Then to a pint of water, add one-fourth of an ounce of tincture of benzoin. Wet a sponge or rag with this mixture, and rinse well all over the body.

Take sulphur and cream of tartar, of each, equal parts. Mix well. To a child eight months old give half an even teaspoonful of the mixture in syrup, every morning for three mornings, then give a dose every third morning till three more doses are given.

This same treatment serves for the older ones, by enlarging the doses. Castile soap and sulphur equal parts, mixed by the addition of a little water and heat, makes a good soap for bathing in this annoyance. Also, Lloyd's Asepsin soap is excellent for this purpose.

A dose of the medicine containing buchu, cascara, and podophyllin, directed in "Hints for the Care of Children," in this book, a dose taken just before retiring, for three or four nights, is necessary to obtain the desired result in some cases.

For infants or very small children, strong catnip tea with the pinch of sulphur added, a teaspoonful of the mixture given four times a day, in addition to the baths, will be sufficient to place them comfortable.

Castor oil given sufficient to purge, also disperses it nicely in many cases of young children. The following is an elegant and palatable preparation of immense value both in this disturbance and many other disturbances of the babies, and sufficient doses given till above effect results, is not amiss for the older ones. Take castor oil, two ounces; simple syrup, one ounce; essence of peppermint, half an ounce; essence of cinnamon, one drachm. Mix well. For a child a year old, a teaspoonful of the mixture, given three times a day, so long as needed, is sufficient. Others in proportion to age.

CHILDREN.—THEIR CARE AND MANAGEMENT.

Nowhere in animal life is the new being so utterly helpless at birth and for so long a time, both physically and mentally to provide for its own well being, as in the human family—none among which there is really so little known of what to do and how to situate the new-being, to do just that needed done, and avoid that that will do injury. Each generation must depend on the experience and wisdom gained by the generation before, in a great measure, yet tact, judgment, apti-

tude and patience are necessary to provide and administer the essentials for comfort and well-being.

Love and sympathy for the new-being is possessed by all animal life—each kind that suited to the needs necessary for its well being. Among none in animal life is that need so broad and far reaching, and among none else is it so amply supplied, as in the human family, approximating intuitive knowledge. While by natural endowment and aptitude the female in the human family can best administer to the needs of the helpless new-being, the love and sympathy for the new-being should be as strong in the male as in the female.

The general character of the child, both physically and mentally will be in the greatest degree very similar to its parents, hence very much of the foundation of what the new being will eventually be, is laid before its conception; and in addition to the above facts, there are many influences that during gestation will leave marked impressions upon the offspring, hence much of the care of the new-being must be begun long before its exit into the world as an individual being.

DISTURBANCES OF INFANTS AND CHILDREN.

In infancy and childhood the natural tendency of the system is toward growth and repair—looking toward a betterment in condition; hence, good nutriment, cleanliness, protection from inclemency of weather, proper exercise and entertainment which favor this condition are the assurances of attaining and maintaining good health, and but little medicine is needed.

Infants' and children's ailments, on general principles, are very like those of the grown-up people's, and require similar treatment. Yet there is no class of patients that so thoroughly taxes the largest number of physicians as those of infantile humanity. Unfortunately for the attending physician

these helpless bits of humanity are unable to tell their little tale of woe in words, thus informing where the hurt place is; and the mother's ignorance disabling her from aiding to find it, must leave it to the *skill* of the physician to ferret it out, and for this reason, nowhere in relieving and curing human ills is there so great skill required as is absolutely necessary in treating these little ones.

In addition to the ailments of infants which by virtue of nature (natural decay) they are entitled to, they often receive great bundles of infirmities from the mother while nursing her.

An ounce of prevention is worth a pound of cure. The mother who is not well fed, well clothed, comfortably housed, and at least comparatively free from harrassment and worryment, cannot supply milk fit to healthily nourish a child; and so generally in addition to the above improprieties, the mother must perform manual labor requiring great muscle and muscle wear, this taking the nutriment from the supply and replacement of milk, depriving this milk of the proper qualities. Another great source of infants' physical ailments and premature deaths arises from the disturbed condition of the mother's health.

From the injured and deranged condition of the milk, due to this cause, gastric irritations result to the nursing child, it is restless and cannot sleep and from the mother not knowing the cause, or what to do to relieve the little sufferer, she permits it to nurse more, to quiet if possible its uneasiness and induce sleep. But only fuel to fire has been added, vomiting, diarrhea, fever, reflex brain disturbance and convulsions follow and the result may be serious—may terminate fatally, which it frequently does. In these conditions the cure is embodied in the prevention chiefly in stopping the cause.

In these cases the mother not having kept her own health in proper condition, the child gets impurities from her milk. The "six weeks" crying babies, and the "three months" crying, colicky, and ailing babies, are usually the result of the mother not having taken medicine to properly cleanse out her system following the birth of the child, and the child is cleansing her system by withdrawing these impurities in the milk.

Though children will sometimes get sick under the best management we can devise, and some will die, as matter—the material of which the body is made, decay is a natural property of it and wear and other forces hasten the decay, and as all are not born possessing the same amount of vitality—or endowed with sufficient vital force to continue life the same length of time and under the same circumstances, death will come—to some earlier to some later. A great amount of suffering can be averted, however, and life comfortably prolonged, by proper and judicious care. The following hints for the prevention of and the removal of ailments will not be amiss:

Keep children comfortably and cleanly clothed. Prevent irritations in the stomach and bowels by permitting them to have *periods of absolute rest by prohibiting constant stuffing.*

When a child is fretful, manifests some uneasiness or disturbance, examine its body to ascertain that its clothing is in no way punishing it, that no pins are piercing it, that there is no local injury anywhere about its body, that its clothes are sufficiently warm, or sufficiently cool. If nothing in this direction presents, administer a hot water sponging over the body, dry quickly, put on it a loose gown and place the child in bed with quiet surroundings, and let it go to sleep, which it will do in a majority of cases.

Do not permit the baby to nurse during the night, neither must it be fed. A little care will establish the habit of baby nursing at 9 P. M., and sleeping during the night, till 6 A. M.

Infants and children up to about 5 years of age, at least, their ailments and the nature of them must be learned by manifesting symptoms. Infants cry and become fretful in tones indicating different causes, or manifestations of their ailments, as the vigorous cry, contorted, tossing, restless body, legs drawn up and head thrown back, says colic—distress in the alimentary canal. Flannel mats wrung from hot water and placed over the bowels, and a purge of olive, or sweet oil, or castor oil, gives relief in many of these cases. A teaspoonful of the sweet oil given every three or four hours till alvine action is seen to increase frequently rights the wrongs. That is for a child from three months to eight months old.

Castoria given as directed seems to meet the needs of many of the disturbances of the little ones till they are six or nine months old, occasionally till later.

The badly nourished child is the perpetual cryer, and needs nutrition. And the little one who has things started wrong end first in the world who sleeps serenely all day and yells all night, unless entertained with a light and company, needs things turned around by a little firm persuasion—prohibit from sleeping during the day, when it will be ready for sleep at night.

Strong catnip tea with a little sulphur added, or calamus tea with sulphur, disperses many disturbances of these little ones. Also the soot tea, like our grand-mothers used, has never lost its value. A teaspoonful of soot added to half a teacupful of boiling water, let settle, and to a babe a month old give half a teaspoonful of the tea every hour till three doses have been

given, which usually gives relief. More may be given if needed. Do not add sugar to this tea.

Bathing for cleanliness only suits by far the largest number of babies, and the wash simply using a wet sponge or cloth, and not plunging the little ones into the water, the mode of administering. An atmosphere in which the nurse feels comfortable, her body being dry and covered with clothes, will chill the little one through and through, its body being bare and wet, and from the effects of which it will take days and perhaps weeks to rally.

The child should not nurse the mother after it is one year old. When the mother becomes pregnant, no matter at what age of the nursing infant, it must be weaned from nursing her at once.

OBSERVATIONS WHEN THE BABY FRETS.

Don't feed the infant every time it frets. There is much else about an infant that needs attention besides keeping its stomach crammed. It gets sleepy, it gets tired, its clothing becomes soiled; it may be handled too much, and by strange hands which makes the child's body sore, bruises; it tires of seeing the same objects about it; it gets tired of too frequent change, it tires of being talked to too much, of being forced to entertain too much,—of being a plaything; it alike with the grown-up ones tires of the jingle-jingle of the general daily hustle of the home.

The habit of feeding children on every manifestation of discomfort is an injurious habit. If children are comfortable they exhibit a far greater degree of content and endurance of existing conditions than is manifested by adults, and complain less from the degree of ailment.

The largest portion of the first two months of the child's life should be spent in sleep. Conversations and noises necessary

for its proper care are as much as it should be subjected to hearing till eight or ten weeks old at least, which, in addition to favoring the establishment of the body in its new relations of continuing life, that of wholly depending upon the functions of its own body, permits a degree of passiveness much more acceptable and agreeable than the discordant music resulting from simply too much handling of the child's body and enforced mental development.

ABUSIVE TREATMENT OF THE NEW BABY.

The new baby is more frequently subjected to a handling sufficient to maul its tender structure into an unrecognizable mass than otherwise, and attendants and mamma so "proud of the bright baby" that "notices everything," wonders why baby is restless and crying, and screeching all night, with eventual development of a real frenzy. Grown-up people get tired; their nerves get tired, their minds get tired, but they seldom think that baby becomes similarly tired. Two extremes which are destructive to the grown-up bodies are equally so with young life—monotony and excessive change.

Even very young children require some entertainment, some requiring more *provided* entertainment than others, those that are more tactful to entertain themselves requiring less. The genius, skill and tactfulness absolutely necessary to superintend and execute the care of humanity even during the first five years of its existence, is far greater than is embodied in the mechanism of all of the material machineries of art the world ever contained, and yet the men shirk from that which requires more genius and skill than they are willing to put forth—and throw bouquets all over themselves for some little trivial attainment in mechanical art which required a most meagre amount of intellectual ingenuity.

FEEDING INFANTS AND CHILDREN.

In feeding infants and children, over-feeding is as much to be avoided as the giving of improper or unwholesome food. Over-feeding and the too frequent administration of food are two of the prime factors in producing much of the ailments in infants and creating and establishing that disposition to eternally whine. The habit of exhibiting food to infants every time they manifest dissatisfaction by crying or otherwise, is indulged in to their greatest injury. The stomach is never permitted to rest, hence, even from over-taxation alone, the digestive organs must break down from depression from over-loading, and constant excitation and stimulation.

Much more of the fretfulness of infants is due to thirst, the want of water, to over-excitement and to that *want to be let alone*, than is at all presumed. Milk, whether it be nursed from the mother's breast, or whether it be cow's milk, is a thirst-creator, and especially so in hot weather. And, in addition to milk augmenting the desire for water, the hot weather reduces the fluids of the body by perspiration, thus creating the need of fluidity—of water.

Continued irritation of the alimentary tract produces a degree of inflammation which, if protracted, the inflammatory process may end in severer irritation. In the summer complaints of children the nerve disturbance incident to the development of the teeth and their eruption or cutting, the alimentary tract appears to become unusually sensitive, is easily irritated, digestion and nutrition do not well perform, and debility begins to manifest; this is greatly increased by the depressing influence of the summer temperature—or, rather, the depressing influence of the increased heat is the promoting cause. From the debilitated condition of the digestive organs digestion is not well performed, the foods decompose and become

irritating factors, diarrhea sets up, waste increases, and very slight additional annoyance will augment it. If attention is not prompt and careful, what seems today not to be serious may, and often does, in the time of three or five days, present the most serious aspect of that disease called cholera infantum.

If the tongue is found coated dirty-white or yellowish white, the following will meet the needs: Take glycerine and simple syrup, of each two ounces; tincture of buchu, one-half an ounce; fluid extract of cascara, two ounces; cinchona cal., one drachm; podophyllin, one-fourth of a grain; essence of cinnamon, two drachms. Mix. and shake the bottle each time before giving a dose.

To a child eight or sixteen months old, give a teaspoonful of this mixture every eight or ten hours till the alvine discharges have assumed a yellow or biliary color. (This given no matter how free the bowels have been discharging.) Rarely more than one to three doses are required to give this effect. Afterward a dose given once a week may be given for two or three weeks.

If the alvine discharges are green or curded, or contain mucous, give a teaspoonful of olive or sweet oil, or the castor oil mixture named in this book in the treatment of hives, every three hours till the discharges have assumed the yellow or yellowish brown color. In some cases the castor oil purge alone, serves well. This is effective also, in the cases where there is blood mixed with the discharges.

When the stools have become watery and clay colored, the following very frequently proves all that is necessary: Take simple syrup, and castor oil, of each, two ounces; chionanthus, one drachm; essence of cinnamon, one drachm; essence of peppermint, half an ounce. Mix. Give a teaspoonful three times

a day. This is frequently effective in any condition of this annoyance. This is not unpleasant.

Simply a hot water injection per rectum, using the water so hot as not to burn, and from a pint to three pints of water, and a small quantity of salt added, gives an astonishing amount of good. It not only cleanses the bowel, but mitigates much of the severity and disperses much of the unpleasant symptoms, increases the tone of the little sufferer, lessens feverish temperature, and hastens recovery. The hot water sitz-bath is also of much benefit, the water to extend all over the bowels.

Essence of peppermint added to the water used for the sponge-baths is not harmful, but it prevents from taking cold, or undue susceptibility to chill.

In these diarrheal affections the system loses excessively its necessary fluid supply, by excessive diarrhea, by undue sweating and by vomiting, and the system cries out for a re-supply of fluidity by thirst. To this, and also to some degree of inflammation in the alimentary tract, is due the so frequent desire for water. Water must be supplied, but the drinking of injurious quantities of cold water, if permitted in excess, produces congestion; this excessive craving can be satisfied to the betterment of the patient every way by having frequent sups of hot water taken in addition to permitting the cold drinks. These hot drinks, in addition to allaying thirst, give tone to the stomach, placing it in better condition to use food, and following the drinking of it the child will frequently immediately call for food.

DENTITION.—OBSERVATIONS ON.

Notwithstanding dentition is a physiological and natural process, yet many people have permitted themselves to fall into the habit of attributing nearly every infantile disturbance or dis-

order as a sequela to this natural process—natural and consequent upon development and growth. The fact that improper clothing, exposure to excessive cold or excessive heat, improper, deficient or over feeding, too much excitation, or that the child can become bilious, or that its system can become in a morbid condition from any other cause than a reflex from nerve strain from the eruption of the teeth, is entirely lost sight of. It seems quite irrational to accuse the Great Architect of being so sadly deficient as to make the natural processes of our body so provocative of disorder and pain.

While we must admit that there is nerve excitation and nerve strain to some extent, if the general health of the child is kept in the best possible condition, the eruption, or cutting of the teeth will attract but little attention.

SOME GENERAL OBSERVATIONS.

During the first thirty-six or forty-eight hours immediately following the administration of medicines it is best to modify the quantity of food given—the less during this time the better—not giving it oftener than every four or six hours. This permits of sensible opportunity for the medicine to produce a sensible effect in inducing restoration of the digestive function, which till at least a start is made in this direction, foods taken are only additional irritating factors, as digestion does not perform and the food decomposes.

The juice of fresh orange, permitted freely, greatly favors restoration of the alimentary canal to normal.

Keep a sick child quiet and don't keep it in constant motion. Watch and examine the children and do not let morbid symptoms continue till the reparative powers are destroyed or the vital forces spent before you give treatment to remove morbid conditions. Give sufficient medicine to produce sensible

action and stop, and permit rest, good care and wholesome nutriment an opportunity to do repairative work.

Children are rarely satisfied after four or five months old with milk alone for food, and the writer is of opinion that as early as that age or much earlier, the system requires additional foods, and that a moderate amount of agreeable foods, solid foods, are permissible and advantageous.

Much is said about milk being so richly nutritious, and probably it is when it is, but it is a noted fact that one may fill his food receiver full to the fulness and but a short time passes till there is a call for food manifested by hunger. If we could learn nothing from observation in the human family, we may note the young colt, calf, pigs and lambs, how early they seek and partake of other foods, they being but a few weeks old or a few days only.

Thoroughly cooked barley, rice, rice meal, bread, brown toast, oat meal, corn meal mush, graham mush, occasionally slippery elm meal, a slight suggestion of salt added to the cereals, and a small quantity of either of the above added to the milk is agreeably permissible, satisfying the child's hunger. A change from one to the other of the above foods may be made, occasionally.

A cup of sweet milk, not skimmed milk, and corn bread in it makes a satisfying food for the child, and gives the doctor fewer visits. If everybody ate more corn bread the doctors would be fewer in number, and that few would have less to do.

Horlick's Malted Milk is not a milk alone, but contains nutrition from the cereals which makes it adapted to feed infants till two or three years old.

The yelk of an egg beaten and a little sugar added may be fed to the little one that is slow to nourish and disposed to eczema.

The obstinate constipation manifesting occasionally among these little sufferers may be relieved by the daily use of sweet cream. Do not add sugar to it.

A Dr. Muir, of Lincoln, Neb., claimed good results from feeding the little cholera infantum cases with Horlick's Food with a little condensed milk added to it.

Dr. Chase recommended the following as a good food: Boil one-half of an ounce of sugar of milk, in a half pint of water, for fifteen minutes, then add one-half a pint of fresh cow's milk and boil again. To be given warm from a bottle. If the bowels are loose add a teacupful of ground barley, and if the bowels are constipated add the same amount of oatmeal instead, and cook. This suits some cases very well, but it is better to feed it from a spoon.

The infant in the restless whine is sometimes quieted into a natural sleep if given a teaspoonful of coffee (the infusion the same that is used for the table). This quantity to a child two or three months old. Given in doses proportionate to the age, coffee is valuable in the nervous, feverish conditions which sometimes accompany dentition, especially where there continues undue moisture of the surface of the body and flabby tissues.

The whites of two eggs, stirred in a pint of boiling water, and two or three teaspoonfuls of condensed milk added, makes an agreeable food for some cases of children affected with diarrhea.

PUNCTUALITY OR PROMPTNESS.

Having a time for everything and everything in its time, is even more essential in the economy of the care of growing children than a place for everything and everything in its place. The former is the genius, and the latter the skill essentially necessary to attain the completed and harmonious perfectness of a masterly work, and this begun in the beginning prevents many a squeakage and leakage in the economy of home comforts and happiness.

CHILDREN SHOULD BE GOVERNED.

Children should be governed always while they are children, and should conform to regulations agreeable to the best interests of the well-being of the economy of the home so long as they are residents of the home. This is essential to the welfare of the home and the rightful treatment of its several members. Children should be taught to realize that they owe a duty to themselves to be guided aright, and a duty to home in making harmony and happiness in the home, and that to this end their habits must conform. Their comings and goings and companionships should be directed and chosen by parents. When this is not done it is fruitful of evil to both children and the best interests of the home. Parents being of mature years are best able to judge who to and who not to mingle with to insure their own best welfare. Children cannot know these things, and when left to run wherever and whenever inclination tempts them, they as frequently fall in with enemies as friends, with the vicious as with the good, which lays the foundation for the destruction of both the children and the home. Enemies are always ready to work destruction, and never let an opportunity to promote their fiendish work pass unavailed.

MORAL RESPONSIBILITY OF CHILDREN.

The moral responsibility of children can be early awakened, and nowhere is better opportunity offered for properly directing, and practicing good morals than in the relations of the economy of the home. Obligations to members of the home should be just as binding as with people who are not members of the home. Each should be truthful to the other, should recognize and be respectful to each other, and should manifest due appreciation of kindnesses and favors from each other. To excuse wrongs and indignities from members of the home simply because of their relation, or to expect such to be excused or borne with, is an injustice—a gross wrong, and should be eliminated from the home expectations.

PERSONAL CLEANLINESS OF CHILDREN.

Children should be early taught a personal pride in cleanliness; they will learn to prefer cleanliness long before they can talk, hence it is evident that they are easily impressed regarding it. They should be taught how to avoid becoming besmeared with soilings, and when they have become unavoidably soiled, to cleanse; they should be taught to keep the body clean, and their clothing clean, to keep their finger nails clean and trimmed, to wash their teeth, to put their hair in tidy shape and so keep it; taught that to be clean is essential to health, and also that to be otherwise makes them repulsive objects.

ATTENTIONS TO HABITS REGARDING THEIR HEALTH.

Habits of regularity of excretions, especially from the bowels, may be very early established by a little careful attention. The habit of attending to these matters can also be taught to children at a very early age; they may be taught to give especial attention to these matters every morning and evening, even

when very young, thus making them self-helpful in their own care, establishing habits so necessary to health, and relieving mother or nurse from much unnecessary work and watchfulness.

SLEEP.

It is quite necessary that children be permitted to have a due share of undisturbed sleep. The activities of nature in developing body and mind require it, and the vigorous, exciting exercise they will engage in, if permitted to do so—and they should be, occasions exhaustion in a measure. Sleep rests, invigorates, permits the forces to gather up and renew energy for continuing life.

EXERCISE.

Muscular exercise is necessary to insure health. A marked example of this is seen so often in the improvement of children's health immediately following their being able to walk. Exercise greatly aids the system in ridding itself of its detritus, by favoring excretions, and by burning up the husky rubbish, thus promoting harmony in the bodily economy. If children have an opportunity to exercise, it is rare that they must be urged to do so, boys and girls alike engaging in the games; the climb, the race, the jump, and the merry jingle of laugh, and each should be permitted ample scope. The sense of each is soon sufficient to correct improprieties, and but little guidance and warnings of harmfulness is necessary.

CLOTHING.

Children's clothing should be suited to the season to insure comfort, and of such construction as to insure freedom in action. Substantial clothing is an economy. Unhoused stock always look shabby, the foods leave but little show of nourishment and the stock are of but little value; they lack energy,

vigor, impulse. This neglect of care gives the same result among not only children in the human family, but also adults.

ADDITIONAL OBSERVATIONS IN THE CARE OF CHILDREN.

In those conditions frequently manifesting in children under ten years old where they fret in their sleep, murmur, chew, grit the teeth, and try to swallow, scream out as if in great distress, or jump out of the bed in sleep, prohibit supper and administer a hot water sponge bath, before sending the child to bed; repeat this for six or eight nights. During the day give the following: Add five drops of *nux vomica*, to four ounces of water, and give a teaspoonful of the mixture, to a child one to ten years old, every three hours. Give a powder (see remedies in this book) every other night, or every fourth night for two weeks, if recovery is not attained from above treatment sooner. Frequently one dose of the powder in addition to the above treatment is sufficient. Or the following serves: Take glycerine and simple syrup, of each, two ounces; tincture of *buchu*, one-fourth of an ounce, and fluid extract of *casacara*, half an ounce; tincture of ginger, two drachms; and *podophyllin*, one-eighth of a grain. Mix, and give a teaspoonful to a child from two to six years old, every night just before putting it to bed, for three of four nights or longer if needed.

The above distresses arise from over-eating, from the digestive function being improperly performed, also to defective excretion.

Many small children suffer unduly from ailments which develop from exposures to chill during sleep, from kicking from under the covers. This is easily obviated by putting them to sleep in an eider-down or other thick woolen gown, made closed over the feet, and the sleeves closed over the hands, and

fastened at the neck closely, by means of a draw-string. Proper attention to this will repay the labor it costs, several times over each year, in addition to the great amount of suffering avoided, the danger of croup, diphtheria, enlarged tonsils, bed-wetting, nose-run, and various annoyances being escaped.

In the care of children, too much bathing can be indulged in, washing for absolute cleansing only, being admissible to a large number. Those constituting this class are those with cold feet and hands, or the surface of the body too cold, or the flesh moist or flabby, or with nose-run, or with watery eyes. In those cases, washing with hot water applied with a silk or woolen rag, never exposing the body to chill air while wet, serves best. An inunction of lard, to two ounces of which has been added half an ounce of rose water, is beneficial in these cases.

OBSERVE WHEN CROUPY SYMPTOMS APPEAR.

In conditions of croup, there is a morbid lymphatic secretion, or lympho-mucous, or thickened lymph; it may and does form a thick, tough, tenacious covering of the inner walls of the larynx, or trachea or both. Its appearance is due to a morbid condition of the system. But the local manifestation having been permitted to manifest, both local and constitutional conditions must be righted.

But quick relief must be obtained, and *hot water* judiciously used, will most safely and promptly give it. No child that ever had an attack of the croup, is too young to be induced to swallow water, and water as hot as can be supped without burning; and as soon as the child experiences a sense of relief, it will crave it and take it willingly. Get it to take all of the hot water you can.

If progress is too far advanced to be able to get the patient to take the hot water, then make a mop-swab, saturate it with glycerine, press down the tongue, and with the mop-swab wipe out the throat. It can be done in an instant, and immediate relief manifests. This treatment is efficient, and is easily administered by anybody that can do anything.

Apply freely over the throat the following liniment: Take equal parts of spirits of camphor, glycerine, essence of peppermint, turpentine and castor oil. Mix.

Try this treatment. Relief will come before a physician can get there—send for one, but don't sit idle, for doctors do not like to go to funerals.

CHILDREN'S FEVERS.

From birth to four or five years old children are more or less annoyed with attacks of feverishness, occasionally accompanied by constipation or diarrhea. The child becomes fretful, the lips are dry and parched, the hands and breath hot, pulse frequent, head warm and painful; sleep is disturbed and thirst troublesome, the tongue is found nastily coated, the breath fetid, occasionally they are drowsy and stupid. If the little sufferer can talk and is asked where it hurts, it will almost invariably place its hand on its head and belly.

If the mother will learn to watch closely, and when she observes the tongue coating up, the breath with offensive odor, the skin becoming stained yellowish, pale, or dark brown, and offensive odors cling about the sweat, and the child fretful or cross, the proper remedy can be given before the morbid condition is advanced, and thus save multitudes of sufferings.

The following is a reliable and convenient remedy for these little sufferers: Take simple syrup, three ounces; glycerine, four ounces; fluid extract of cascara, one ounce; tincture of

buchu, one ounce; essence of peppermint, two ounces; and podophyllin, one grain. Mix. Shake the bottle each time before administering a dose. Dose: A teaspoonful for children from nine months old to three years, given at night. From three to five years old, give a dose at seven, and one at ten P. M. It may be given in the day, but by giving it at night, the child is quiet and undisturbed, which is desirable; and it is rare that more attention is required until morning.

The following is a good powder that may be given as above: Take podophyllin, one-half a grain; sugar of milk, thirty grains; santonine, two grains. Thoroughly triturate. Dose: Two grains of the powder, mixed in water, for children from three to five years old. A dose of this given at seven and ten P. M., and another at eight the next morning, serves well. Let three days pass and repeat in the same way again. This amount will generally place the child in good recovering condition, which will go on without further medication.

STOMATITIS.—THRUSH.—APHTHEA.

The disturbances given the above names arise from the same causes, present the same symptoms differing only in degrees of severity, and will, if not properly treated, end with the same result—fatally. Appearing in infancy and childhood, hand-fed and ill-nourished children are its most frequent victims.

In its manifestation the mucous membrane of the mouth and tongue present an inflamed condition, and generally there are thick white, or yellowish-white, fur-like patches on the tongue, the walls of the mouth and the gums, usually more distinct than the patches seen in the disturbance called diphtheria—it arises from the same causes as diphtheria, and if permitted to continue, progresses exactly alike, and results alike—fatally, if not cured. When the patches appear it indicates that the folli-

cles and glands are more deeply inflamed or disturbed, have formed pus, and ejected it, or the mucous has become very much thickened. Occasionally there is but little exhibition of these patches, and the soreness is intense, the surfaces in the mouth and throat appearing red, and exhibiting much inflammation.

Usually in the commencement of the attack, there is a copious flow of saliva, but occasionally the mouth presents a parched, or dry appearance. The child is restless, fretful, and exhibits distress when attempting to nurse or eat. The bowels are disturbed with flatulence and griping, alvine discharges frequently become free, watery, or green and curded, or both. There usually accompanies some degree of fever. There is frequently a marked measles eruption, or like that of scarlet fever. When these last two named symptoms appear it usually indicates a greater degree of severity of the morbid condition. Frequently the inflammation extends throughout the alimentary canal, as is evidenced by the inflamed condition about the anus, where also occasionally appear ulcers.

Its cause is due to an ill-nourished condition of the general system, and a deranged and debilitated condition of the digestive function, somewhat to a condition of biliousness.

Comfort about the mouth is of first importance, as it is the gateway to the repair laboratory—the stomach. We will prepare a wash that will at once give a marked comfort, curing the local trouble in the mouth, which is a deal of help on the road to recovery: Take sage leaves (fresh gathered or dry) as much as half a pint and add as much boiling water. Let boil five minutes if the sage is dry, or just boil up briskly if the sage is fresh picked, then strain the tea. To a teacupful of the tea add half as much honey, or add sufficient sugar to the tea to make it nearly a syrup; then add an even teaspoonful of

golden seal and a fourth as much powdered borax. Mix well. Place a couple of tablespoonfuls of this mixture in a dish or cup, place a soft cloth over your finger, dip it in the preparation in the dish, and then carefully wash all parts of the mouth you can reach with your finger, which will extend down between the tonsils. When administering these washes do not squeeze out the surplus tea, but leave the cloth well full of it. It does no injury if some of it is swallowed.

In severe cases the washing should be administered three times a day; in milder cases less frequently will do.

To a very young child the castoria may be given in addition to the above. The castor oil mixture directed in this book in the treatment of hives, given sufficiently to purge, also serves well.

Tincture of *nux vomica*, five drops added to four ounces of water; a teaspoonful of this mixture given three times a day to a child eight months to a year and a half old, acts well in assisting recovery.

NERVOUSNESS IN CHILDREN.

Nervousness arises from various causes, and when it manifests, makes the subject very undesirable companionship, in addition to its own personal suffering.

Children when not bathed as often as their make-up requires will become unpleasantly nervous. To this class belong the fat children, and those of a lymphatic temperament, to a degree. The fat ones will usually do well washed with warm water, using plenty of soap. The lymphatic ones must have hot water, and if disposed to sweat freely, will at least need a bath two or three times a week. One-fourth of an ounce of *aqua ammonia*, or the same quantity of essence of peppermint, added to three gallons of water used for the bath, adds tone

to the tissues. The lean, skinny children usually like the daily sponge bath, the water being used rather warm.

Other causes conducive to nervousness in children, are very like the causes which produce this condition in adults—as indigestion, over-eating, improper food, deficient excretion permitting effete material to remain in the body too long, deficient muscular exercise to aid the system in cleansing itself, deficient sleep, undue excitement, worryings, vexings, unpleasant environments.

A good plan for managing these cases of nervousness is to give a dose of the powder containing santonine, directed in children's fevers, just before the child goes to sleep at night, and the first thing the child is permitted to have the next morning, give it a dose of Garfield Tea. Repeat this every other to every fourth day so long as needed.

If the nervousness has been permitted to progress to considerable degree, in addition to the above, give the following during the day for two or three days: Take tincture of aconite, five drops; tincture of nux vomica, five drops; water, four ounces. Mix. Give a teaspoonful every two hours during the day. It is rare that the above powder mixture, or the powder mixture and doses of Garfield Tea will not alone meet all requirements. In mild cases a few doses of Garfield Tea, a dose the first thing of mornings for several mornings, will serve the needs. Also the above directed nux vomica mixture alone, serves in some cases.

The baths, pleasant environments, and agreeable quiet, prohibiting supper a few days and permitting but moderate quantity at other meals of plain foods, is all that is needed in some cases.

HEADACHE OF CHILDREN.

The various types of headache which annoy children arise from many of the same causes that promote headache in the adult—as deranged digestion, over-eating, insufficient urinary excretion, constipated bowels, too much social excitement, prolonged study, exhaustion from over-work or exercise, and prolonged exposure to heat or cold.

Sufficient rest and quiet must be obtained, eating properly regulated, and the excretory functions of the kidneys and bowels established.

Children that are gross eaters, a dose of salts given occasionally will improve their health.

Leptandra, two drops, given in a teaspoonful of water, three times a day, for from five to seven days, gives relief when there are gaseous accumulations in the stomach and bowels. This serves in some cases for the grown-up ones.

If the skin is yellow, tongue coated yellow, the conjunctiva yellow, give a teaspoonful of the following three times a day before meals: Take chionanthus, one and one-half drachms; water, four ounces. Mix. The above dose is suited for a child from four to twelve years old. Also the dose named below.

Some cases require remedies a little more active, and for such the following is adapted: Take simple syrup, olive oil and glycerine, of each two ounces; fluid extract of cascara aromatic, one ounce; cinchona cal., two drachms; tincture of buchu, one ounce, and podophyllin, one grain. Mix, and shake the bottle each time before giving a dose. If the headache is severe, give a teaspoonful of the mixture every three hours, till free alvine action is seen. From one to three doses is usually sufficient, for this action. Then give a dose once or twice a week, as long as needed. A tablespoonful of this mixture

taken as above, acts kindly with the grown-up bodies, to relieve headaches.

CHOLERA INFANTUM.

Cholera infantum is a disturbance of digestion appearing among infants from five months old to two years old. It sometimes proves very perplexing. From its appearance in the extreme heated season, it is evident that the depressing effects of heat largely influence its development; added to this may be some nervous disturbance arising from the development of, and the eruption or cutting of the first set of teeth, as assisting causes; the teeth nerves being so nearly connected, or sympathetically associated with the nerves of the digestive organs, slight causes may provoke irritation and disturbance of function, and diarrhea, vomiting, and general prostration may result.

In but a few days, what was but a slight irritation, progresses to inflammation of the mucous membranes of the stomach and bowels; eventually the inflammation becomes more deeply seated, diarrhea and vomiting become more difficult to control, and rapid emaciation ensues. The tongue is usually coated dirty white, or yellowish white, and the feet and hands dispose to remain cold. From irritation and from so much fluid being discharged from the system by diarrhea and vomiting, the thirst is great. The child frequently screams, which is an indication of great suffering. The restless tossings of the head, and delirium, are reflexes from the abnormal condition of the digestive tract, and disappear when the abnormal condition of the digestive function is righted. The alvine discharges become frequent, watery, clay colored, offensive, green colored, or curded and mixed with mucous, and sometimes the discharges are chiefly blood, or blood and mucous.

The condition of the mother's health materially affects the condition of her milk, and if the child is nursing the mother when her health is abnormal, it is injurious to it.

How much surrounding filth and filthy utensils and foods may influence in the severity, or the prevention of a cure in these cases is difficult to determine. The writer has witnessed as severe cases in families where the little sufferer was surrounded and supplied with every discernible need, in the most cleanly condition, as she has seen in the most abject poverty, filth, deprivations, and neglect, and under both situations has seen recoveries. But certainly cleanliness at all times in life, is most desirable and agreeable as the human being is a most dirty object at best, and requires constant looking after in matters of cleanliness both within and without the body.

When this sickness has begun making its appearance, do not neglect proper attention, but begin to rectify the morbid condition and influences. Keep the sick away from the depressing heat—the mother also, if the child is nursing her. A light weight all wool or a half wool garment should be worn to at least cover the chest and bowels. This modifies both the condition of heat and cold in effect better than other materials.

Add a fourth of an ounce of essence of peppermint to a gallon of the water used for sponge-bathing the child. And hot water serves the best, quieting the nervousness, adds some fluidity to the system at a temperature that does not entail loss to the system, disperses feverishness, gives an agreeable tonic effect, and prevents the taking of cold. This sponge-bath may be administered with good results, but there must not be too much time consumed in administering it.

Add one drachm of chionanthus to the castor oil mixture directed in the treatment of hives, in this book, and give a teaspoonful of this mixture three times a day, to once a day,

so long as needed. This serves better than most any other remedy, and in many cases no other remedy is required.

Tincture of *nux vomica*, five drops; tincture of aconite, five drops; water four ounces. Mix. A teaspoonful of this mixture given every three hours, during the day, breaks up an attack in its immediate onset, in many cases. If the condition has well manifested, its effect is beneficial given with the above remedies.

Elixir of lactopeptine, a teaspoonful given a child from eight months to a year old, given after the meal, good results have followed. The best results from this, however, are seen in cases already well progressing towards recovery.

Glycerine, two ounces; extract of malt, one ounce; and pepsin, eight grains. Mix, and give a teaspoonful of the mixture every four hours the first day, then three times a day. It aids digestion, and establishes the function of the liver, it allays irritation, and its action is mild. No other medicine must be given while giving this.

Take tincture of wild cherry bark, two ounces; tincture of prickly ash bark, one ounce; tincture of gentian, one fourth of a drachm; golden seal tea, half an ounce; glycerine, five ounces; and essence of peppermint one ounce. Mix, and to a child nine to fifteen months old, give half of a teaspoonful three times a day before meals. No other medicine must be given while taking this. A little simple syrup may be added to improve the taste, or it may be given in syrup.

Equal parts of cinnamon, ginger, golden seal and sugar, well mixed, a fourth of a teaspoonful of this mixture given before dinner and before supper, good results have been obtained. This can be given in water or syrup.

Take olive or castor oil and spirits of camphor, of each two ounces; essence of peppermint, one ounce. Mix and apply

a teaspoonful of the mixture over the abdomen once a day. Its effect is soothing and healing and promotes warmth over these parts.

When the tissues remain flabby, the surface of the body unduly cool and moist, add a teaspoonful of black pepper to a quart of warm water and sponge the body every day for three days, then once or twice a week.

Some of these cases do well on the following remedy: Take capsella, two drachms; water, four ounces. Mix. To a child one year old give one teaspoonful three times a day. It alone has proved curative. It improves the condition of the kidneys, improves digestion, checks the diarrhea and lends a tonic condition to the system, thereby bringing about recovery.

Wm. S. Merrell's Alkaline Elixir is very valuable in this sickness, removing the irritating material from the alimentary canal, neutralizing the acid fermentation, favors digestion, and promotes intestinal antisepsis. Give no other medicine when giving this.

These remedies given as directed cleanse the system, arouse biliary secretion and give tone to the system. Until this is effected digestion and assimilation will not perform and progress to recovery cannot be effected.

Keep these little sufferers quiet and prevent undue exposure to the hot sun and the varying heat of the kitchen.

If the child is nursing its mother, her health must be placed in the best possible condition. If the child is nursing the bottle, wean it, and give its food with a spoon; even if it is fed milk, this must be fed with a spoon or supped. The milk should not be given alone. Thoroughly well cooked barley or barley meal may be added to the milk; corn bread (made with sour milk, soda, eggs, salt and corn meal) may be added to the milk; well cooked rice added to it, plain crackers, brown

toast—any and all of these articles of food are permissible and valuable.

Horlick's Malted Milk has served very well in some of these cases. It is not a milk alone, but is combined with cereals.

As to exactly just what foods, and how to present them, there can be no positive rules and articles confined to; dependence must be put on testing, observation and sensible judgment, but best results have followed the above plan of feeding.

Excellent results are sometimes seen to follow the permitting of some foods quite out of the ordinary line usually given infants. The writer witnessed a very hopeless case take on new life and speed to recovery, when it was permitted to eat smoked ham boiled, roasted beef and roasted chicken. The patient was only about eleven months old.

The juice of fresh orange permitted freely to these little sufferers, any time during the day, greatly favors a normal condition of the alimentary tract.

A pinch of salt and a pinch of black pepper added to the milk aids in dispersing inflamed conditions of the alimentary tract.

An agreeable adjunct to the milk, and one that agrees with many of these cases, is boiled bread. A pint or quart of flour confined in a cloth and boiled from two and a half to four hours, according to the quantity; the doughy part removed and a portion of the remainder grated off and added to milk, also a pinch of salt and one of black pepper added, makes a nutritious food and one that is relished by many. It must be fed with a spoon.

Just as early as it is possible to do so, a child must be prohibited from taking its milk from the nursing bottle, neither must it drink it. Instead, feed the milk to the child with a

spoon. This permits the milk entering the stomach in small quantity at a time, which permits the gastric juices better acting upon it than they can possibly do when the milk is drunk or nursed from the bottle in a continuous flow.

When the milk is nursed or drunk it enters the stomach in a large mass in which it curds, and in which condition the gastric juices can not efficiently act upon it, and especially when the child is debilitated, as in the condition of cholera infantum. This is distressingly over-taxing to the stomach, it frequently becoming impossible for it to manage it at all, and in these cases generally causes convulsions, and no doubt has caused many deaths.

When cow's milk is fed, the best results are obtained by giving the milk fresh from the udder, while it retains the animal heat.

Pure olive oil is an excellent remedy for the bowel disturbances of children. It does good, not harm, and in addition to it rectifying morbid conditions, a portion of it digests and helps to nourish the sufferers.

In cases where the patient is greatly emaciated olive oil may be applied—may be used as an inunction over the body, especially over the bowels, with good results; one especially good result being that it preserves the warmth and heat of the body and prevents undue chill, which is very favorable even if no other benefit is obtained from the inunction.

Olive oil ranks largely as a food, foods satisfy hunger and should satisfy every need in the bodily economy. To be more explicit, every need of the bodily economy for its continuance should be found in our daily foods—not put there by accident or artificially, but be embodied in it naturally. It certainly is.

LARGE ABDOMEN IN CHILDREN AND INFANTS.

Children exhibiting unduly large abdomen are victims of dyspepsia, this over enlargement being due to gastro-intestinal morbidness. When it is found to exist, attention should be given to place the function of digestion in a normal condition. The condition most frequently appears in nursing children, or children under three years old, usually those that *drink* considerable milk, and sometimes those that drink considerable coffee. These little ones present a dirty-sallow appearance of the skin, the tongue is usually broad, flabby and coated whitish yellow.

If the child is in the habit of *drinking* milk, or nursing it from a bottle, prohibit this, and have the milk supped or taken from a spoon. The following serves a kindly purpose in relieving these sufferers: Take taraxacum, one drachm; and water, four ounces. Mix, and give a teaspoonful of the mixture every four hours every day for a week or two. Or two drops of leptandra, given in a teaspoonful of water, three times a day, before meals. Also, the preparation containing cascara and podophyllin, named for the treatment of headache of children in this work, and given as there directed, disperses this condition.

NIGHT TERRORS.

Children in very early childhood, especially from the time of the beginning of giving general foods, frequently scream out in their sleep, chew, grit their teeth, are restless, toss about, frequently leave the bed, and appear insensible to surroundings, and are difficult to arouse.

The condition is frequently caused by continually stuffing or feeding them throughout the day, thus not only prostrating and deranging the stomach by the continued over-loading, and the stomach being continually annoyed, but the entire system,

digestion, secretion, and excretion, converting the little ones into a bundle of abnormality.

Occasionally the child's night gown binds or pinches it. Or excretion's demands were neglected before being put to bed, and the accumulations are causing distress.

Stop the *all-day* feeding and let the stomach and digestive organs have rest from over work, over excitation and over stimulation, see that the clothing does not punish the child, and also that the urination and evacuation of the bowels are attended to before the child retires to bed. For a child three years old, add five drops of nux vomica to four ounces of water, and give a teaspoonful of the mixture three times a day for three or four days or a week. If there then remains a disposition of the annoyance to exhibit, give the mixture containing podophyllin prescribed in treatments of headaches of children, as there directed.

FREQUENCY OF URINATION IN INFANTS AND CHILDREN.

In a healthy child the urine is colorless and limpid; it does not stain linens. The frequency of the discharges varies in the best of conditions of health, sometimes occurring as often as every hour, especially in very early infancy, and again not more frequent than once in two or three hours, to less frequent as the child grows older. And, while the frequency is less the quantity is greater.

When urination does not occur in twelve or fifteen hours the matter should have attention. Stainings of the naperies or linens, also indicate abnormal, and should be corrected.

GYNECOLOGY.

The term gynecology has reference to the manifestations of ailments especially exhibiting with females. The treatment of

these accompaniments and disturbances being of a delicate nature, requires both skill and tender care. Surveying both the past and present, we find that men have and habitually do render treatments and attentions in these situations of not only married women but the young lady also, and that men who are not men of family are accepted as being quite proper.

Generation after generation men have usurped the instructions of the human family in the proprieties, or the proper thing to do, being especially particular to direct and limit the line of walk, liberties and duties of women. This training woman accepted without question, and the products of both past and present have been and are women cultured into immodest modesty verging into a gross deficiency of self-respect. As a result of this cultured immodesty not only married women but young girls willingly relate all the delicacies of their ailments to any male physician without the least repulsion, and really enjoy the situation or privilege of doing so, as a fine species of refinement rather than the indignity it is.

This cultured immodest modesty from long training has become so inground in woman that she not only refinedly (?) acquiesces in the acceptance of male practitioners from choice, refusing to employ the services of a lady physician, but industriously uses her influence and powers to drive women from the field of the practice of medicine, and dressed in her cultured immodest modesty, she scorns the woman who has made herself competent to treat the ailments of both sexes and treats them, in which field the *competent* and trustworthy physician finds a broad range for conservatism, and the while this cultured, modest woman unveils the delicacies of her invalidism to the sex of her choice, self-confident, yet failing to see the real picture she has presented by the display.

Male gynecologists grow rich by magnifying the seriousness of women's ailments, for strange as it may seem, the most serious and most obstinate cases develop among families who are "able to pay!"

OBSERVATIONS.

A very large per cent. of women's ailments, especially mothers, can only be benefited or cured by rest—*rest*—not medicine; a rest of body and mind—rest of the entire being. In many of these cases there is next to an impossibility for such a thing as rest to be even thought of, especially in cases of mothers overburdened with an army of children, much less the finding of time that rest can be indulged in to give a chance for the organisms of the body to spring up and gain strength and energy to continue life.

There is no member of the family whose absence so thoroughly disrupts the economy of the home, as the absence of the mother. The one who can see through the impulsive, on-rushing, mysterious meshes of the overwhelming needs of the mother being constantly at service for the family, and can devise an adjustment, a righting about, or arrangement of the home economy so that a time may be found for *rest* for the mother, is the physician who is sufficiently skilled to prescribe that medicine—*rest*—that will cure a very large number of these cases.

DISEASES OF FEMALES.

Many have generally been led to believe that there is a marvelous difference in the process and specific nature of diseases which inhabit the body of females and males. But the difference, however, is astonishingly less than is supposed, disease in the bodily economy of female and male being complimentary and alike and the medical treatment identical. The material

of both bodies is alike, both of perishable matter, both decay and wear out alike and from like causes, and the materials of each are alike renewed, replaced, or repaired. And medicines which promote repairative processes, and scavenging or cleaning out of the worn out and useless materials for one will produce like results for the other. Nutrition, excretion, and rest, permit and build up a rundown or diseased condition in both. In addition to the materials of both bodies being of the same composition, we note that the anatomical structure of the female and male in animal life are complimentary of each other, and nowhere is this more marked than in the human family. (This complimentary condition is by no means conclusive evidence that the male was created first, but from a sensible view of the matter, is rather corroborative that the female was first created than otherwise, if there is a *first* in either case.) In the male there are the rudimentary mammary glands with their primitive nipples, which though not seemingly designed by nature for giving suck, yet it has been reported that they have actually performed this function—that of giving suck. Throughout the anatomical body the same complimentary plan continues in the organs associated with reproduction. And though there is difference in contour of form, when becoming diseased both must be treated alike for like conditions and causes which present alike throughout the realm of disease in both sexes.

Very, very exceedingly much of the disturbances in both female and male which are claimed to arise from and due to some diseased condition of the reproductive organs, are in no way, either locally, reflexedly, or sympathetically associated or connected with these organs, very especially among the virtuous classes.

The treatment of diseases among women constitutes the largest part of the physician's practice. Take women patients

from the field of the practice of medicine, and pretty much all of the doctor's occupation would be gone. To woman's ignorance of herself—the physiology of her body, and especially the physiology of her sexual apparatus, is largely due to the predisposing cause of supposed disease of these organs, which in about ninety-five cases of every hundred or more who suppose she is afflicted with disease of these organs, is purely imaginary—the disturbance in the pelvic region, when any is present, being due to retained feces and urine, in most *all* cases. Women feel impairment of strength and health, and through not knowing anything of their bodily economy, and having been misguided by either ignorant or evil designing physicians, at once conclude there is no other location for disease. As the writer above states a chief exciting cause is the treatment woman receives from man—not wholly confined to the man who is her husband—which in many cases is by no means creditable to the angels that the good minister would have the world believe men to be, but the man who is her medical attendant and adviser, who either from ignorance, or a desire to speculate, imposes innumerable tortures and maltreatments upon her. In addition to the above the woman contributes to her misfortunes and sufferings chiefly through neglect to evacuate the bowels and bladder, to errors in her living and dress, and her employing of means to “bring her around.”

The reproductive organs are an apparatus which, if reasonably well cared for, keeps well and feels comfortable. In the female there are three or four days “monthly sickness,” during which there is a slight sensation of relaxation of the usual tone of the system, with perhaps a little nervousness. Loss of tone, change of function and secretion that accompany other organs, are found in these organs proportionate as they exhibit in the other organs—always exhibiting in the reparative and general excretory organs first, and the repair in all is alike. While

it is true that the reproductive organs have a function to perform, these, like the heart, make no change in the materials of the economy of the body (the tissues), and the parts of these organs being repaired or renewed as are the tissues and parts of the remainder of the body, namely, from the foods well digested, from nutrition and by assimilation; hence, when the general body is well these organs are well, if they have been sufficiently let alone. The eruption occasionally seen on the skin, the irritating discharge, is due to changed or perverted excretion, to a morbidness in the general system, or to undisguised dirt—the changed excretion being due to a morbid condition of the general health. In fact a multitude of these annoying little unpleasant disturbances readily disperse by using plentifully of soap and water, discontinuing unpleasant habits and taking sufficient rest.

The unnecessary vaginal examination of both married and unmarried women, and that by male doctors, is not only greatly to be deplored, but is certainly a reproach upon the refined enlightenment for which the disappearing nineteenth century is so prominently posing. This, on the part of woman, is due in a measure to her being too lazy to exercise the energy necessary to obtain knowledge of her own body, to a deficiency of means from which to obtain such knowledge, and the immodesty of most women to prefer (it shames the writer to have to say this) consulting male doctors regarding their health, thus willingly encouraging the grossest indignities by welcoming these trespasses into the most sacred precincts of the privacies of their lives; and on the other part, to the evil intentions chiefly, and ignorance of male doctors, who in pursuing these unnecessary persecutions, take undue advantage of women's ignorance, misguide them regarding their ailments, and thus induce them to submit to their unnecessary tinkering; and by introductions of the sound, propping up the

uterus with pessaries and pledgets, applying excoriating, and tissue-destroying medicines, thus by this destroying means and the poisons embodied in these medicines, create a diseased condition which did not at all exist before. They prescribe and excite the patient into a nervous frenzy, and continue this persecution till she is prostrated from the *persecution*, frequently not desisting till the patient is a complete wreck, or dies. Nitrate of silver and many other caustics used by many of those who treat diseases of females especially, *not only set up inflammation*, but *poisonous ulcerations* and *abnormal growths*, which are then very kindly called "cancer" to further augment the nerve-strain upon the patient. These inflammatory processes and other diseased conditions which have been set up by improper medication and aggravating treatment about the womb, permanently impair the physical condition and prevent the repair of the nervous system. The true facts are that nearly every case reported to have womb and ovarian disease is absolutely free from such condition.

It is the opinion of the writer that the average male doctor knows no more about the natural position, or the healthiness or unhealthiness of the uterus, in either the virgin or the woman who has had children, and but little more of its anatomical structure and plan, than most married men.

The misuse of the rectum in causing it to cease to be a canal or tube carrying excreta from the body, and forcing it to become a storage sac holding from a quart to half a peck or more, the fecal accumulations of days and in some cases weeks, thus destroying its habit of daily evacuations, causes nearly every disturbance in the pelvic region. This morbid condition, greatly aided by deficient urinary excretion, both creates and aggravates morbid conditions, giving rise to irritations, distressed and disturbed sensations in the pelvic region, causing

hemorrhoids both internal and external, irritations of the rectal walls, eczema without and within the sphincter, small growths other than piles, leucorrhea, irregular menstruation, dismenorrhea, and many nervous disturbances, headache, back-ache, legs-ache, inflammation of the bladder, and morbid discharges from its canal; the pressure from these excreta causes unpleasant sensations in these parts, and their absorption contaminating the blood causes a general deterioration of the general health, loss of appetite, loss of strength, and associated with this local derangement are reflex pains and constitutional nervousness or irritability.

The very largest per cent. of all mental and physical disturbances are directly traceable to inactivity of the kidneys and bowels. These organs are excretory organs for conveying the debris and detritus of digestion and the bodily economy from the body, and when these materials are not kept excreted, retention is followed by absorption, thus producing an auto-infection or really poisoned condition of the blood—depressing, perverting and preventing the functions of all of the economy of the body, causing the functions of life to be languidly performed, the brain to become sluggish and digestion and assimilation to become impeded.

The sympathy between the urinary organs and the brain is much closer than that of the reproductive organs and the brain, and derangements of the urinary organs are very, very frequently taken for derangements of the reproductive organs. The solid constituents of the urine are the detritus of the general economy of the body—the ashes of the body, together with excess of foods, which food substance not having been assimilated decomposes if unduly retained, and it together with the detritus of the bodily economy becomes poisoning factors, causing both mental and physical derangement of most serious aspect.

The woman whose nervous system has given way under the strain of domestic cares, monotony, and perhaps abuse—exhibits utter weariness, wakefulness, nerve-exhaustion—a general sensation of breakdown throughout her body; the backache, headache, legs-ache and the bearing-down feeling. This is due very largely to lack of rest, mentally and physically, to permit the forces of nature—the forces of the entire bodily economy—to gather up and take on new energy to continue life; and the insanities exhibiting in these cases are due to the causes which produced the breakdown, and the nerve-strain put upon these cases by the medical attendant's misrepresentations of the ailments, and his magnifying the degree of seriousness existing, which destroys the little remaining of the power of the balance-wheel of the nervous system, and not to derangements of the reproductive organs (the same is true also in nearly every breakdown of men), but the gynecologist well knows that if he honestly prescribes for the *real needs* in the case, which is *rest*, his fee is cut short, so he finds some disease of the reproductive organs present.

The real desideratum in effecting a cure *in nearly every one of these cases*, is to restore the equilibrium of the excretory functions, by rousing the liver to proper activity, and taking plentiful of rest and recreation, plentiful of wholesome and nutritious foods, and keep the body well cleansed by the liberal use of soap and water, and free from excessive sexual excitations.

If women who are troubled with headaches, backaches, abdominal pains, itchings and burnings in the vaginal, rectal, or urinary regions, leucorrhea, heavy and dragging sensations, will take a *soaking hot water* sitz-bath, and a vigorous sponge-bath to the whole surface of the body, using soap and hot water freely, every day for two or three weeks, and keep up a

vigorous action from kidneys and bowels by taking a medicine that acts freely on the liver, and take a general rest-up and recreation, the "female diseases" will disappear, and she will retain her body in comfort and her mind and health in normal condition.

For obtaining the actions above described, any of the mixtures containing podophyllin and cascara directed in this book, taken as there directed, is effective, and can be relied on.

The use of speculums, supporters, and suppositories are stocks in trade, that for the betterment of womankind and girlkind also, it were better they were cast to the bottom of the sea, and their factories turned to give out something more productive of good. The unnecessary use to which these products are continually put is productive of much harm and no good, no case being benefited by the use of them, but is left worse.

DISPLACEMENTS OF THE UTERUS.

By the terms displacements of the uterus, is understood to imply some decided removal of the uterus from its normal position. Four forms of displacements are much written about by authors and talked of by many physicians, namely, a falling down too low or ascending up too high; an ante-flexion or falling forward; a retro-version, or a falling backward; latero-version, or turning to one side; and, inversion, or turning of the uterus inside out.

There is no organ in the bodily economy that admits of so great a range in change of position as the womb; both adapting itself to change in itself, as during gestation, and to its surroundings as when it is imposed upon by an over-full bladder in front of it, or a packed and greatly distended colon back of it. Though its range or change of position is great,

this is a plan of nature suited to its physiological needs. Much range of change of position may take place, without creating a diseased condition or causing the woman to experience any suffering, and which changes are not consequent upon a condition of disease. But a bladder distended with decomposing urine, and the rectal canal packed and distended with fecal matters that may have been accumulating for days and perhaps weeks—these effete materials continuing pressure upon these parts—not wholly upon the uterus, but upon all of these pelvic parts, infect, and impede pelvic circulation to sluggishness, irritate and tender the surrounding parts, causing distress, but markedly different from diseases of the womb. By observation any woman can learn very much about her own bodily economy, and can learn to discern these differences.

It is so exceedingly rare that cases of either ante-version, retro-version or latero-version are met in which an abnormal change of displacement, in either direction to the extent of producing suffering, unpleasantness or disease, that it is unnecessary to enlarge much upon treatment for such in this book. In the natural position of the uterus it is somewhat ante-flexed, and needs for its treatment to be let alone; and retro-version, or falling backward, excites or requires no more attention. And the same is true of the latero-version, or the falling to one side. Unload the distended colon, empty the over-full bladder, keep them free from undue accumulations, and the general economy free from morbid, retained and re-absorbed matters by rousing the liver to normal activity, and these distressed sensations will disappear. The preparation which contains cascara and podophyllin, directed for treatment of leucorrhea, taken as there directed, gives the desired cure. The hot water sitz-bath, administered in *all* pelvic diseases cannot be too highly extolled, and also the hot water

injections per rectum, and if severer annoyances have been permitted to develope, the injections may be used for vagina.

UPWARD DISPLACEMENT OF THE UTERUS.

An abnormal displacement of the uterus upward, is exceedingly rarely met. Such conditions might be due to the presence of abnormal growths, or to probings or tinkering.

PROLAPSUS OF THE UTERUS, OR FALLING OF THE WOMB.

Prolapsus of the uterus, or falling of the womb, is occasionally met, but not frequently, though it is the most frequent mal-position of the uterus met. Nature's provisions for supporting this organ are ample—being supported by the vaginal walls, the surrounding investment of the areola tissue attaching it to the pelvic walls, and ligaments which attach it to neighboring points of support. Various causes may, and do give rise to the condition; but the chief causes are a general debilitated and enfeebled condition of the general health, prolonged standing on the feet and excessive coitions exhausting the energies of the parts. The two last named causes may have been the cause or causes which have very greatly contributed to produce the enfeebled and debilitated condition of the general health.

Prolapsus of the uterus is present in an exceedingly few number of cases where it is supposed to exist. The pain in the back, pain in the back and top of the head, the feeling of deadness and weight in the limbs, the feeling of weight in the pelvic region, are in about ninety-nine cases out of every hundred, due to inactivity of the kidneys and bowels. This is true in these aches of both sexes.

There is nothing of which the writer knows that will produce the above symptoms in so marked degree as the above described causes.

When prolapsus of the uterus is known to exist, the two first and principal factors necessary to effect a cure is for the patient to take and remain in the recumbent position, at least the greater part of the time, and direct treatment and care toward recuperating the general health. Take the hot water sitz-bath every other day, to every second or third day, and if there is great severity, use daily injections, per vagina, of the white oak bark tea, a pint of the tea at each time. The golden seal infusion directed in this work in the treatment of leucorrhea, is also invaluable in this condition. Plain hot water injections answer the purpose in many cases.

Rectal hot water injections alone serve all that is needed as a local treatment in many cases of pelvic disturbances of both sexes.

The following remedy will meet all the needs to produce a constitutional betterment, thus meeting the greatest needs in effecting a cure: Add one drachm of tincture of gentian to the mixture directed in the treatment of dismenorrhea, in this book. A teaspoonful taken every night in the beginning of the treatment, to every other, every third to every fifth night, and continued so long as needed, will give the desired recovery. These same treatments meet the requirements in the other named displacements.

INVERSION OF THE UTERUS.

Inversion of the womb, or turning inside out of the womb, rarely occurs, though occasionally met. Its occurrence may be due to pulling on the cord, in some cases, to undue hastening expulsive efforts in the birth of the child, or undue hastening or exciting expulsive effort in removal of the placenta. Excessive hard work and prolonged standing on the feet have produced it.

When such condition has presented, an experienced physician must be called, but while waiting for one to arrive the woman's life may snip out, and efforts must be made to give relief and save life. If the protrusion has existed till swellings have manifested, nothing can be done till the swelling is dispersed. This can be accomplished by the application of hot water, by means of silk mats or thickly folded cloths, or by hot poultices. The hot water sitz-bath is of great value, if it can be administered. When the swelling has dispersed, efforts can be made to replace the protruded uterus to its normal place. Moisten well the hand with pure vaseline. Now extend your thumb full length within your hand and bring the fingers around it, making the shape of the extended hand as near round as possible; the second finger will be found to extend longer than the others, which makes favorable shape for the work that must be done. With the hand so formed place the ends of the fingers against the womb and press gently but firmly against the center of the inverted womb, pressing it back to its natural place, when it will be found to indent and close over the hand, which must be gently withdrawn when the womb is found contracting into its natural or globe-like shape.

The patient must remain quiet, and in the recumbent position sufficient time for recovery to take place. Hot water injections per rectum may be administered after the patient has remained quiet for thirty-six to forty-eight hours, and repeated once a day. This is the best and about the only local treatment that should be used; it will remove soreness, swellings, and give tone to the parts, thus hastening the recovery. The vaginal parts must be left undisturbed.

OBSERVATIONS.

The external parts of the generative organs are supplied with many secretory glands, that furnish material for their protection; but while these secretions are necessary for the well-being of these parts, the substance secreted, like all the materials of the body, dies by limitation of its power of endurance—or having lived its life—or served its purpose—and must move on—or be removed to give place for the new; the old having served its purpose—lived its life, is of no further beneficial use, it becomes an injurious factor if permitted to remain, hence, the benefits derived from the daily use of water and soap to keep these parts clean.

The vagina is the canal leading upward to the womb; resting upon the upper extremity of the vagina the womb is found, with its neck portion, or mouth opening into the vagina. The womb is a hollow cavity or sac, formed of very strong but very elastic fibrous tissue, susceptible of very great expansion, as during gestation, and great contractility, as in its natural condition, being about three inches in its longest diameter, two inches wide, and one and one-half inch thick. The muscular arrangement of the pelvis is such that it gives efficient support to the organs within the basin which they form, and does so, permitting no injurious displacements of these organs, when the general health is in normal tone; but when the general health is enfeebled, hence lacking strength, these parts become proportionately weak, but if let alone, are not irritated, disturbed and distressed, they will not displace more readily than any other organ of the body, and as the remainder of the system restores to vigor, these parts restore to proper tone and health.

The vagina and the womb, like all the cavities of the body, are lined with mucous membrane, and this mucous membrane

is supplied with mucous follicles, the function of which is to secrete material for the well-being of these parts. When abnormality exhibits in this function as an undue discharge or changed condition of the discharge, which changed condition is evidenced by its irritating, excoriating and distressing parts with which it comes in contact, and its offensive odor, its changed condition is due to a debilitated or abnormal condition of the general health, and this morbid exhibition is in proportion to the general derangement or enfeebled condition of the general health. The morbid condition may be augmented—its severity increased, by local irritating factors, as inactivity of the kidneys and constipated condition of the bowels, and undue excitations of coitions. These discharges becoming unduly great in quantity are usually called whites, or leucorrhea (see leucorrhea), and as all parts of these organs are supplied with mucous surfaces, this discharge may arise from any or all of these surfaces, but the treatment is the same in all cases.

LEUCORRHEA.

Leucorrhea, whites, or *fluor albus*, are terms or names given to a discharge which sometimes escapes from the mouth of the vagina. There is always some moisture about these parts, as there is from all mucous surfaces naturally. It is when there is undue secretion from these parts, and the secretions present an abnormal condition that treatment is necessary. When the discharge is morbid, however, it is not always white in color, but varies from white to yellow, and a dark red-like green, the varying color being due to the degree of severity of the abnormal condition that gave rise to it.

Its appearance is due to debility, or morbid condition of the general health—to a rundown condition, to undue degeneration, as are due the hyper-secretions from mucous surfaces in any other part of the body, as in catarrh from the nose or

throat, as in diphtheria, or nasal catarrh, etc.. It may appear from any of the parts having a mucous surface, as the vaginal walls, or inner surfaces of the vagina; from the uterus, or from the fallopian tubes. In health the discharge or secretion, is almost colorless, like water; but if abnormal or undue discharge exhibits, the discharge may become thick, mucous-like, and vary in color and consistence, as above described. In the milder attacks the discharge is thin and watery, in the greater severity, the discharge varies in color, thickens, and when drying forms crusts, stiffening linens upon which it may escape, and when permitted to remain on surrounding parts or surfaces, excoriates them, irritates and causes unpleasant feelings.

It manifests in infants of but a few days old, though exceedingly rare, and in persons to extreme old age, no age being exempt from it as causes which produce it may arise at any time of life.

In treating this disturbance, cleanliness is a first essential. A hot water sponge bath to the entire surface of the body, two or three times a week, should be taken, using freely of castile soap, and a hot water sitz-bath should be taken every day till restoration to health. To favor digestion and give tone to the general system, the following kindly serves: Take Ieptandra, three drops, in a little water, three times a day. Very many of the milder cases recover nicely with this treatment alone, in addition to rest and plentiful of wholesome foods. Also many cases will restore to health following the administrations of hot water sitz-baths and the hot water injections per rectum.

In conditions of greater severity the following, in addition to the above treatment, will be necessary: Take a teaspoonful of golden seal, in powder, place it in a cup and pour a pint of boiling water upon it; let it stand for half an hour, and then

strain it (through a piece of cheese cloth will do); add two grains of sulphate of zinc, and it is ready for use. This preparation is for vaginal injection, and to obtain full benefit, it serves best if used hot. Begin these injections about two days after the cessation of the menstrual flow, and continue them every day, or at least every second day, till two or three days before the next return, if treatment is needed so long, continuing the treatment till restoration to health is effected. This preparation is improved by adding one-fourth of an ounce of glycerine to it after having prepared it ready for use as above. If there is much degree of inflammation developed, or soreness, to the above golden seal injection add a tablespoonful of the borated glycerine instead of the plain glycerine (see Much of Good Value in this book), and use as directed.

The white oak bark tea, a pint, used as an injection into the vagina, in frequency as above, is very efficient in these conditions, especially in those conditions where great relaxations of these parts exhibit, or any undue watery discharge is present, it frequently giving the desired relief when other remedies have made but little perceptible progress. Hot water alone gives a marvelous curative effect in these conditions, a fourth of an ounce of glycerine added to the water enhances its curative effect, especially in those cases where there is a degree of heat, a seeming distension or swelling about the parts.

When inflammation is present in these parts, or a distressed or uncomfortable sensation or feeling, the surest and quickest means of obtaining speedy and permanent relief and cure, is to obtain free alvine and urinary action by rousing the liver to proper action; by obtaining free alvine and urinary action it relieves the engorgement of the pelvic vessels and diminishes inflammation by removing the cause which is the chief factor in producing it. Where conditions of great severity have mani-

fested, a full dose of the anti-bilious physic given is a best beginning treatment, and serves an unequaled purpose for relieving these morbid conditions and starting on the road to recovery. A dose of salts serves a good purpose in some cases.

If the disturbance is of long standing, in addition to the baths and the injections above directed, the mixture directed in this book in the treatment of dismenorrhea, given as there directed, will hasten and promote restoration to perfect health. The capsules (see remedies in this book) may be taken instead of the above mixture when one prefers to take them.

When leucorrhea manifests in very young girls, the sponge-baths, and the hot water sitz-baths, in addition to taking the above preparation, will usually effect a cure; and it is much preferable not to use vaginal injections in the treatment of young girls when it can be avoided, which avoidance can be in nearly every case. Rectal injections of plain hot water may be used, and will serve the needs usually.

In treating infants and the very aged annoyed with this disturbance, there is seldom more treatment necessary than the hot water bathing and washing of these parts. A more severe case among the aged may add to the treatment the golden seal infusion, directed elsewhere in this article; and while there may be some cases among the aged that may need it, there will seldom be found a case in infancy requiring it, the writer having never found a case among infants requiring more attention than the use of water for external cleansings. The above mixture directed containing cascara and podophyllin, may be given to the aged cases, it meeting the requirements needed for constitutional betterment.

DISMENORRHEA.

Dysmenorrhea is met in married and unmarried women. Its manifestation in nearly every case, is due to a morbid, or bili-

ous condition of the general health, the kidneys and bowels having exhibited much inactivity. Having experienced undue exposure to cold may add severity to the condition by increasing the already existing morbid condition that is present in these cases.

The quickest and best immediate relief is obtained from taking a hot water sitz-bath. Following this, give the following mixture: Take macrotys, half a drachm; water, four ounces. Mix. A teaspoonful may be given every two hours during the greatest severity, then prolonging the time to every four hours and continuing taking so long as necessary.

Also, tincture of bryonia, twenty drops; water, four ounces. Mix. Of this mixture, a teaspoonful may be given every fifteen minutes, till four doses have been given, then give a dose every three hours, continuing so long as necessary. Usually relief follows immediately.

For permanent relief the general health must be placed in good healthy condition, constipation, inactivity of the kidneys, must be got rid of, by rousing the liver to proper action; thus relieving the system of the morbid materials that have caused the disturbance by making the blood impure and obstructing its circulation. For this purpose the following preparation serves most effectually and kindly, its action being moderate yet effective, does not necessitate taking doses all day, which all day taking is one great unpleasant feature to be avoided in selecting a remedy: Take simple syrup and glycerine, of each three ounces; tincture of buchu and fluid extract of aromatic cascara, of each, one ounce; sweet spirits of nitre half an ounce; essence of peppermint, one ounce; podophyllin, two grains. Mix. Take a tablespoonful of the mixture every night, till three doses have been taken; then continue taking a dose twice a week till cured.

The same causes that produce dismenorrhea, or painful menstruation, will produce tardy menstruation. In these conditions the above remedy given as directed, will place the system in condition to perform its natural functions.

In addition to the above, the writer has seen some beneficial results follow the taking of the Wine of Cardui, as directed, but there are a large number of cases that this is ineffectual.

The hot water injections, taken part of the time per rectum and part of the time per vagina, between these expected events, every other, to every third, to every fifth night, are immeasurably beneficial in all the above disturbances, hastening recovery in every case, dispersing achings, soreness, tenderness in all parts of the reproductive parts, the ovaries, fallopian tubes and uterus, leaving them feeling well.

TOO FREQUENT, EXCESSIVE, OR TOO PROLONGED MENSTRUAL FLOW.

This condition exhibits when there is an atonic condition of the general system, in more or less degree.

If the flow is so excessive as to be extremely and immediately exhaustive, take five drops of oil of erigeron and half a drachm (a fourth of a teaspoonful—fifteen drops) of essence of cinnamon, on sugar or in syrup. The dose may be repeated in twenty minutes, in severe cases, and the time prolonged as betterment ensues, to three times a day, to once a day. In the condition for which I have prescribed this mixture, it is unexcelled.

In either of the above conditions, and in addition to the above mixture, the following mixture is a certain remedy, regulating the function to natural, checking excess, and stopping undue prolongation, leaving a general betterment throughout the system: Take capsella, four drachms; water, four ounces.

Mix. Give a teaspoonful three times a day, continue the giving so long as needed—till recovery is well established.

Take a dose of the mixture containing cascara and podophyllin, directed in the treatment of dismenorrhea, in this book, occasionally; from every third to every seventh night, usually being sufficient.

The above treatment pursued as directed, will not be disappointing in curing; it has proved the best of many remedies for these disturbances, in the writer's hands in an experience of many years.

STERILITY.

Sterility as being due to defect in the reproductive organs, or to abnormal condition of the health, is exceedingly rare—so exceedingly rare that a case is seldom met. If the general health is in normal condition, the body well nourished and environments congenial, there is usually sufficient of the reproductive powers dispensable among the human family.

UTERINE FIBROIDS.

Uterine fibroids, at least of any annoying proportions, are very rare, and when appearing frequently disperse if let alone, or cause no annoyance if remaining. They are an aggregation of healthy tissues of undue size. Should one increase in size and weight to proportions as to be unbearable, it would become necessary to remove it, but unless from weight or from size they obstruct, interfere, or cause pain, their removal is unnecessary, and had better be let alone. Polypus, which sometimes appears about cavities, as is occasionally seen in the nose, though rarely, is the same as the fibroid, and its treatment for removal the same. Projecting from the neck or about the mouth of the womb into the vagina, their presence is not so difficult to discern, but when extending into the cavity of the

uterus, certainty of their presence is not so accurately detected. Enlargements appearing about the lower parts of the abdomen are more frequently due to gaseous accumulations consequent to auto-infection from prolonged retention of feces and urinary secretions which should have been kept excreted from the body. When this enlargement presents there are but few cases that the following remedies do not give the desired relief: Add ten drops of *dioscorea vil.* to four ounces of water, and give a teaspoonful of the mixture three times a day, and take a tablespoonful of the remedy containing *casarea* and *podophyllin*, directed in this work in the treatment of *uræmia*, every night for a week, then once or twice a week for a month, continuing the other remedy each day for the same time.

For removing fibroids or polypus, a touch with a mild solution of caustic potash will remove many of them, but this application must be made by a careful hand. Prof. John King, M. D., recommended powdered bloodroot applied to polypi. His experience continued through a long life, and an unusual opportunity for gaining knowledge. Except when these growths increase to great size, or are situated where they become irritated so as to cause them to bleed, they necessitate but little attention.

CANCER OF THE UTERUS.

In the sense that cancer is commonly understood to mean, there is no such condition. Ulcers, progressive, destroying conditions, or morbid growths, are due to undue degeneration especially in the part wherein they are located, and the unduly enfeebled condition of the general system prevents it from supplying the necessary energy or reparative force to restore or renew the part. The degeneration is not simply local, but is general, and to this fact is evidently due the return of the morbid local condition after it has been removed by surgical inter-

ference. The system is at very low ebb, with strong determination to continue declining.

If this determination, perversion or disposition to unduly degenerate can be overcome, and a disposition to normal reparation be established, a permanent cure can be effected, otherwise it cannot, no matter how many cuttings may be performed—the more the worse. Excoriating and corroding preparations applied to these ulcers are injurious rather than beneficial. The chief source to which to look for a cure is to build up the general health. The local treatment is of second importance. The writer has seen some very ugly appearing sores (or ulcers, or cancers, if you so please to call them) that had been called cancer, heal rapidly following a daily washing with castile soap and hot water, and applying camphor salve (an ounce of camphor gum dissolved in a half a teacupful of lard). Application of a mild solution of sulphate of zinc, followed by an application of castor oil, disperses some very ugly, ragged ulcers. Tincture of benzoin, one-fourth of an ounce, mixed with one ounce of pure vaseline, is a very healing application to even discouraging looking sores.

Prof. Durante, of Rome, Prof. Goselli, of Genoa, and Prof. d' Antona, of Naples, all felt unjustified to recommend surgical removals, as hope to cure these sores, these so-called cancers.

SWELLINGS.

Conditions of swelling about the vulva and adjacent parts are sometimes met in both married women and girls. It is sometimes accompanied with itching, burning or pain. Occasionally the swelling extends considerably over the abdomen toward the navel, and down the thighs, also the full length of the lower limbs; there is also frequently associated a sensation of weight in the pelvic or rectal parts.

It is due to inactivity of the excretory functions, largely to the inactivity of the kidneys. There may have been some local irritation, though it appears without any local irritating cause. The bowels are usually found torpid, the skin dirtyish yellow, and the tongue nastily coated much the same color.

Wash the entire surface of the body clean every other day, using soap freely. Administer each day, a hot water sitz-bath, to which has been added half an ounce of spirits of camphor to two gallons of the water used. A soaking hot water foot bath daily is also very helpful. A tablespoonful of spirits of camphor added to a teacupful of hot water, and applied to the parts by means of a sponge, silk or woolen mat or rag, for ten or fifteen minutes, six or eight times a day in severe cases, removes burning, itching and swellings, the effect being very speedy. Witch hazel, a tablespoonful added to a teacupful of hot water, and applied as above, also gives relief, but not so speedy as the camphor. In some severe cases the writer has applied the spirits of camphor alone. It produces a little burning for a minute or two, but it is immediately followed by the very acceptable relief from suffering, and it also disperses the swellings. Take the preparation containing cascara and podophyllin directed in the treatment of dismenorrhea, as there directed, till complete recovery is effected.

In swellings manifested about the pelvic and external urinary part, sometimes found manifesting among males, the above treatment, persisted in is effectual and prompt—used for any age of persons. The hot water sitz-baths taken so hot as not to burn, and the hot water injections per rectum, together with the taking of the above remedy directed, the writer has known to be effectual in dispersing most uncomfortable enlargements. Try it. You will not be disappointed.

MASTURBATION.

The habit or practice of producing excitement by unnatural means, as with the hand, is termed masturbation. The practice is found to exist among both sexes, being learned as early as twelve years of age, and being practiced by some persons to the advanced age of seventy and even to far into eighty years old. The evil effects this habit has on those who practice it excessively is exhaustion—the entire body partaking alike in the exhaustion the same as in cases of excessive practice of sexual congress. The local disturbances manifesting occasionally in these cases arise from the same causes that like conditions do in excessive copulation—namely, from undue irritations; and the discharge of mucous, or watery discharge, is due to the same causes—from the irritated condition of the parts, their mucous membranes or surfaces becoming inflamed in more or less degree from this irritation, and sometimes swellings of the parts ensue from the same causes.

The despondency, loss of bodily strength, headache, neuralgic pains, general exhaustion and hypochondriacal invalidism, as well as a multitude of *imaginary* ailments, manifest equally alike in the cases of both of the above excesses. The writer has made considerable investigation regarding the economy of the human body, and among the many other subjects regarding it this subject also has received due attention. In searching for victims afflicted with loss of memory, insanity and other monstrosities of morbidnesses, which specialists to treat “lost manhood,” and specialists to treat “female diseases,” and lecturers to “men only” and “young men only” picture up, the writer, though finding subjects who had practiced masturbation, both considerably and moderately, from ten years of age to nearly ninety in the male, and to over fifty in the female,

failed to find these parties in any way seeming likely subjects for insane asylums. From the information gained the writer became quite convinced that the wrecks are mostly made by vicious treatment and unwholesome advice from the medical persecutors.

Neither of the above practices or excesses are essential to the best interests of our bodily economy—neither for the best welfare of the economy of the reproductive organs nor any other part of the body, nor mental welfare or safeguard—though the masturbation is less harmful than illicit intercourse or congress or excessive intercourse.

The Creator has provided an equipoise in the economy of the body sufficient for its best welfare and preservation, and purity of virtue, as the writer has explained elsewhere in this book.

The treatment necessary to recovery from the habit and its abnormal effects is to find intelligent entertainment for the mind, and thus stop the habit, and to place the physical body in proper health—properly nourish the body with wholesome foods, keep the urinary and alvine actions free, take hot water sitz-baths, and sponge baths three or four times a week, till the physical body is restored to vigor and the mind regains its equilibrium, which it will do when the bodily health is restored.

In addition to the baths, above directed, take the juice of a fresh orange every morning before eating breakfast, and for favoring digestion, the following serves very kindly: Take fluid extract of cascara and tincture of buchu, of each, one ounce; glycerine and simple syrup, of each, three ounces; podophyllin, one grain; and essence of peppermint, half an ounce, and one-half drachm of tincture of gentian. Mix, and take a tablespoonful of the mixture (for an adult) every night for a week, then take one or two doses each week as long as neces-

sary. During the first three or four days treatment, the following may be taken to helpful advantage: Take *nux vomica*, five drops, and water, four ounces. Mix, and take a teaspoonful of the mixture every two hours during the day.

PROGRESS (?).

Every business has its own peculiar self, its component parts, its separate parts, its language, its alphabet, its know-how. While it has its essential nature, it also has its fashions—its fads. This is displayed in every line of business, from the news boy trying to sell his papers, to the Wall street speculator trying to manipulate the reins of commerce to most quickly and certainly fill his own money-box; from the solicitors of charities—which most certainly fills the pockets of the solicitors, but relieves not the starving needy, to the *big* giver who pays some hungry reporter twenty-five cents to magnify a copper penny gift into a ten dollar bill. Every trade with its tricks spreading its cunning devices before the incredulous masses, apparently exemplifying some marvelous mysteriousness of skill, knowledge or mastery attained never attained nor obtained in the existence of the whole world before. So gaudily and apparently plausible are these devices exhibited that the “very elect” are scarcely spared being deceived—gulled by them.

In dress there is the change of color, manner of weave of fabric, and difference of mode of cut, none of which evolves more than a dress. The minister finds a new fabric necessary for the salvation of the soul—“the special purity of heart,” and “the sanctification.” And the trade of the treatment of disease is by no means not abreast with all other trades in this respect. Every few years changes are made in the names of disease—mere lingos of catch words are given out, as appendicitis, bacilli, malaria, bacteria, and fads advanced in the treatment of diseases as the vaccination fad, the rotten horse serum, etc.,

these being usually set adrift by new fledglings, whose only knowledge consists in quacking out this lingo, and looking very wise to smother enquiry, as such lingos and fads embody no idea adequate to sustain them, are not actual facts—are but creations of an incongruous fancy.

But nowhere along the line is this pursued with such repulsive morbidness as in the treatment of females in their sickness, and the “lost manhood” fads. Such barbaric and quack-erish tinkerings—such strainings to misguide, to make believe that no ailment can affect the organic structure of the human body but has its location in the reproductive organs, from a sour stomach, to a sliver in the foot; from the girl or boy infant to the woman or man of seventy-five or eighty years.

So far has this disgraceful practice been pressed and with such destructiveness to health that it would be a blessing to thousands if many gynecologists and specialists would seek occupations elsewhere. Then many would be spared tortures and be permitted their health unruined, would not have it destroyed by those unscrupulous practices, as is done in thousands and thousands of cases, sending them to untimely graves, or making them what is worse—inhabitants of insane asylums.

Such impressionable gibberish—and to the enlightened, so disgustingly repulsive because untrue, is used to mislead and to deceive.

In their treating of diseases of females, every conceivable pretext is instituted as an excuse for examinations, cauterizings, excoriations, cuttings, and introducing destructive and disgusting pessary-paraphenalia, under pretext of “supporting the uterus” when neither of the above are needed nor helpful, but are permanently destructive.

When mothers have studied the economy, nature, and functional relations of the human body, as every mother should, her own health will not only be preserved but that of her sons and daughters also, and to the education of the mother upon these subjects depends the security and betterment of the health of the human family. And not only the preserving of the health, but also its moral purity.

The mother must know that to submit to the vaginal handlings and manipulations by male gynecologists, either herself or daughter, is immodest, and not only the physical nature has been impaired but the moral as well. These improprieties have disrupted the harmony of many a home, and many a girl who has gone the immoral road to destruction, dates her downward turn from this destruction of her rightful modesty and propriety. The wise husband and father, wide awake to the welfare of his family, both physically and morally, will desist from such tolerance as permitting such intrusions.

PART FIFTH.

CARE OF THE FACE.—TREATMENT OF ITS AILMENTS.

GENERAL SUGGESTIONS.

While much can be done by careful attention to the general health and care of the skin to preserve and enhance the comeliness of the face, yet the cold, rigid, uncharitable expression renders the most classic beauty unattractive. The most marvelous preservative against unloveliness of face in any period of life is the cultivated sympathies, the honest consciousness of a clear conscience, a pure and upright life, of good will to all and malice toward none. The bloom of youth can not always be retained, but it alone can not vie with that look of chastened sweetness which results from a long life spent in deeds of purity and kindness. Every face is either a prophecy or a history.

Beauty and health are destroyed and longevity prevented by worries, peevishness and constantly looking on the dark side; these plow furrows which no amount of time and coaxing will efface.

Many people make great efforts to show themselves very pious, very grief-stricken, and very sorrowful, appreciative, etc., by making facial grimaces, and other great sources of facial blemishes; such specimens are among the unpleasant elements of society, being not only ignorant but destitute of

good understanding of proprieties, and resort to this false way of making themselves impressive.

There is a variety of forms of mismanagement which conduce to blotches and pimply deformities, and discolorations of the face. The skin is one of nature's outlets of the impurities of the body, and may be, and often is, imposed upon, which is evident when the other excretory outlets are sluggish or dormant, hence an undue proportion of excretions passing off through the skin may set up irritation from the poisonous nature of the materials. When there is undue tendency to perspiration it sometimes develops pimples or eruptions of some type. This is due to excessive excretion by way of the skin, and the excessive moisture keeping the skin tender and sensitive to chill and heat.

The continual washing of the face with strong soap, so commonly indulged in, removes unduly large proportions of the natural fat of the skin, leaving it unprotected and with a roughened surface which is very liable to become chapped, or excoriated.

Acne and eczema are names that cover a multitude of skin sins and does not well define any.

Improper nutrition, excretion, and circulation of the blood, are fruitful of many facial blemishes as are also exposures to excessive atmospheric conditions. Contaminations of the blood from vile habits produce much facial blemishes, which are persistent, requiring thorough constitutional cleansing, and sometimes require a long treatment to remove.

Cold baths are not beneficial, but injurious, shocking the nerves, and driving the blood from the surface, and should be discarded.

Hot water baths equalize the circulation, bring rest to the tired nerves, and a sense of refreshing comfort. Heavy mental

burdens, hard study, and vexations, pervert the circulation of the blood, congesting the face, and the feet and hands are very frequently found cold, too moist and clammy. A hot water bath equalizes the circulation, quiets the nerves and lends tone to the general system. When the feet and hands manifest the above condition, if a general hot water bath can not be taken, the feet and hands bathed in hot water to which sufficient capsicum in powder has been added to give a suggestion of warmth, much good is done. This greatly aids in breaking up the habit of cold feet and hands.

Excretions by the kidneys and bowels must be kept constantly watched and kept active, that the skin be not polluted by retained morbid matters, or that it be not unduly taxed in the excretive function. This is of greatest importance in securing and maintaining a good complexion, and without this other efforts will be a failure.

A skin disturbance appearing on the faces of the young (of both sexes) and rarely appearing in older life, is chiefly confined to the sebaceous follicles; the unctuous matter collects, over-distending the follicles in the skin, and constitute those appearances termed blackheads, the black appearance being caused by dirt settling in them; this mixing with the contents, forms what has been termed "worms," and "white maggots with black heads," but this worm-like mass is fatty matter secreted to lubricate the skin, which from lack of fluidity, from the mouths of the follicles being congested, or closed with cosmetic powders or dirt, is retained in the surface ends of the follicles.

The constant picking at these little appearances, causes irritation, inflammation, and may aggravate into little ulcers.

Or, if biliousness exists in the system, or constipated bowels and sluggish urinary action are present, it may aug-

ment the condition into an eruption (eczema) over the face; if syphilitic taint is in the system, either inherited or acquired, a further augmentation will ensue, which may extend into ugly stubborn sores.

The first prime essential is to establish excretions by way of the kidneys and bowels, thus relieving the skin from over-excretion. There are several remedies that are valuable for this purpose. That remedy which will give this assistance the most effectually, and with the fewest doses, is the one to choose. The daily eating of onions will do this work, but this is not altogether acceptable. A teaspoonful of sulphur taken every morning for three mornings, repeating this mode of taking it every week for about three weeks, will also serve the purpose. The following will be most effectual, and require fewer doses: Take sweet spirits of nitre, one ounce; simple syrup and glycerine, of each, three ounces; fluid extract of cascara aromatic, half an ounce; and podophyllin, half a grain. Mix, and take a teaspoonful of the mixture every four hours, till at least four doses have been taken. Then one dose, twice a week will suffice. Also the following is speedy and effective:

Take bittersweet, yellow dock root, and stillingia, equal parts, one ounce of each. Place it all in a granite vessel and pour over it a pint and a quarter of boiling water. Let it boil up brisk just once, then remove from the hot stove and let set for fifteen minutes, then strain it (through a piece of cheese cloth will do), and while hot add sufficient sugar to near make it a syrup. This yellow dock syrup is pleasant to taste. Take a teaspoonful three times a day for the first week, changing the frequency to three times a week to once a week.

Thoroughly cleanse the face with *hot* water and castile soap, and rinse it with plain hot water. Then bathe the face twice a day with hot water to which has been added ten drops

of tincture of benzoin, to a third of a teacupful of the water used. The hot water draws the blood into the congested, sluggish glands, or follicles, and stimulates their activity, while it tends to dissolve the hard plugs of greasy and foreign matter, which constitute the black heads. Do not expose the face to chill air immediately after treatment.

This treatment will also cure the type of blotches or red, spread-out spots sometimes appearing on the face, and which frequently have very small specks or points in the center, containing whitish yellow fluid. When this condition is present, apply the above treatments at night, and cover the face with very fine new cotton. This treatment and care will cure about all cases of the above type, if properly administered. The last named type may be somewhat of the erysipelas type, but it yields most kindly to the above treatment, very marked improvement being made in the first twenty-four hours and any itchings and burnings that may be present, at once beginning to disappear.

In cases of greater severity the following may be applied, after bathing the face with hot water: Take petroleum, one ounce; resorcin, two grains. Thoroughly mix, and apply a small quantity to affected parts with your finger. This is especially effective in the cases where there appears a crusty, scab-like formation to the parts.

Where these little pimples or sores show a disposition to ulcerate and the ulcer disposes to freely discharge and enlarge, the following serves a kindly purpose: Take sulphate of zinc, two grains; pure hog's lard, two tablespoonfuls. Thoroughly mix, and apply as above.

If the facial blemishes consist of discolorations—the yellow, saffron, or dirty, ashen aspect, the whites of the eyes yellowish, the following will disperse the unsightliness: Take four

drops of chionanthus, in a little water, three times a day till the discolorment disappears. A capsule (see remedies in this book) taken in addition to the above every night for three nights, then three times a week hastens a cure. The yellow dock syrup directed in this article will also give a cure.

Pimples caused by the use of cosmetics will sometimes disappear without treatment when the use of the cosmetic is discontinued, but cases are met where there has a condition of poison appeared to manifest; in such cases some careful attention will be necessary. The baths first named in this article will disperse the condition frequently, with no other treatment. Many others disperse when dressed with camphorated lard, or camphorated vaseline, a few times; one-fourth of an ounce of camphor gum mixed by mild heat with an ounce of the lard, makes it sufficiently effective.

Itchings, burnings and irritable conditions, manifest over the skin, not alone over the face and hands, but frequently over other parts of the body. These are simply due to deficient excretions of the kidneys and bowels; these conditions only require free actions from the above organs being produced, and continued for from five to ten days, and spongings of the surface of the body, using hot water and castile soap freely. Some of these annoyances disappear following the taking of the *arctium lappa*, directed in treatment of boils.

A condition or manifestation appearing on the face, with a tendency to vesicate, and to progress to open faced pimples or sores, arises from the same causes as before described in facial blemishes, and the treatments there directed, the baths to the face and the yellow dock syrup, will be effective. Where there manifests a disposition for returns of these little vexers, the following has proved effective in many cases: Take neutralizing cordial, and salts, of each, two ounces.

Mix. A tablespoonful of the mixture is a dose for an adult. A dose of this mixture, taken every day for three or four days, and continuing for sometime every third to fifth day, has broken up the tendency of these vexers to return. But if the remedy for constitutional effect has been taken sufficiently, return to recovery will be good.

Also, a teaspoonful of soda (baking soda) added to half a glass of water, and a teaspoonful of the mixture taken three times a day, before meals, and continued for sometime, proves effective.

FRECKLES.

Freckles are very obstinate blemishes, and will persist in re-appearing when exposure to the sunshine is made. Protecting the face from sunshine and sun heated air, keep these unwelcome guests out of sight in some cases. They are peculiar to some temperaments, in many cases of which they are so persistent, as to refuse to become less unsightly from any treatment. And while there are many things that will greatly modify their bold appearance, I know of nothing that will prevent their return. Some cases appear to modify in color as the subject ages, but many cases do not.

Lemon juice, and rose water, equal parts. Mix, and apply a small portion at night before retiring.

Lemon juice and glycerine, equal parts, mixed, and a portion applied three or four times a day, is said to remove freckles.

A piece of saltpetre moistened with soft water, and rubbed over the freckles, is said to remove them.

Oat meal boiled in vinegar, and the vinegar applied to the freckles, also to brown spots on other parts of the body, has been effectual to remove them.

Lemon juice, glycerine and rose water, equal parts, mixed and a portion applied twice a day, has proved efficient in some cases.

A tablespoonful of sulphur added to a pint of rum, is said to be a successful lotion for removing moth patches from the face.

A teaspoonful of sulphur taken every morning, for three mornings, and repeating it for two or three weeks, will also banish them.

SCARS.

A few minor scars may be removed, while a few that have been received in early life will disappear, but they will usually return again when age begins to advance. Nature has a peculiar way of objecting to being tampered with too much, and scars from injuries at least, do about as well let alone rather than risk too much to come out with a worse bungle. Castor oil or camphorated oil, applied at night just before retiring, modifies the appearance of some cases.

WRINKLES.

Wrinkles appear more or less with age, but when appearing earlier in life are generally due to impoverishment of the system, the poorly fed, poorly nourished, will cause unsightly ones to appear; they are also coaxed into existence by facial grimaces we permit ourselves to make when our minds are engaged in deep or prolonged study, when worried, vexed, surprised, etc.

Wrinkles from age are rarely much affected by treatments for removal. Keep the general health in good condition, the system well nourished with plenty of wholesome food, and control the muscles of the face, is the reliable safeguard against wrinkles.

Preparations called skin foods are recommended for removing wrinkles, also steaming the face, but the advice I have given for prevention will be found the most reliable cure.

Equal parts of cocoa butter and almond oil have been much used for trying to rub out wrinkles, and some have claimed success. Glycerine, half an ounce; rose water, three ounces; and tincture of benzoin, half an ounce. Mix. Apply twice a day. This preparation aids in bringing better circulation to the surface, hence aids in removing wrinkles.

WHITE SPOTS ON THE FACE.

White spots sometimes appear on the face, especially on the faces of young men. The condition is due to congestion of the skin, to washing with strong soaps thus unduly removing nature's dressing—its fats or oily dressing; to impoverishment of the general system, and deficient outdoor exercise.

The system must be nourished, outdoor exercise must be taken, and plenty of wholesome sleep taken in nature's time—night. Use less soap on the face and learn to keep it clean with less frequent washings. Apply sweet cream from pure cow's milk at night before retiring, and the following at the morning dressing: Take tincture of benzoin, one drachm; and soft water, three ounces. Mix, and it is ready for use. Apply a portion after the face has been bathed with hot water. This lotion has a tonic and healing effect on the skin, and may be used two or three times a day in severe cases. Equal parts of tincture of benzoin and petroleum, or vaseline, mixed, also makes a good application, and a small portion applied over the face before enduring exposures to extreme cold, is a valuable preserver of the skin. Any surplus may be carefully wiped off with a silken fabric or rag. Alvine and urinary excretion must be kept active.

REMOVING PIGMENT STAINS AND BROWN DISCOLORATIONS.

For removing pigment stains the brownish discolorations that sometimes appear on the face, hands and occasionally on other parts of the body, during pregnancy and in many other cases of both sexes, and due to liver and kidney derangements, the following is effective: Take corrosive sublimate, two grains; alcohol, three ounces. Mix. Moisten a bit of sponge with the preparation, and rub over the affected part a little briskly, at night before retiring to bed. Repeat the treatment till the discolorations disappear. Should the parts become tender, apply a little castor oil, or vaseline. This preparation is poison and must be kept away from children, or from where it might be taken internally through mistake.

A plaster of soft soap placed over the spots, and permitted to remain all night, and washed off the next morning, will also remove them. More than one application is usually necessary. Should the skin become sensitive, apply castor oil or vaseline.

The following has been recommended: Take oxide of zinc, and white precipitate, of each, half a drachm; castor oil and cocoa butter, of each, two drachms; rose water, twenty drops. Mix, and apply mornings and evenings.

A teaspoonful of sulphur taken three consecutive mornings, once a week, for a few weeks, will also disperse them.

Those vexing little pustular appearances that occasionally manifest on the scalp, around the edges of the hair on the neck, will disperse in a short time if the following is applied: Take petroleum and glycerine, of each, half an ounce; resorcin, one grain. Mix, and apply once a day.

NETTLE RASH AND HIVES.

Nettle rash, and also hives, is due to a slight constitutional disturbance, and an undue determination of excretion by way of the skin. It frequently disappears from administering a hot water wash-off. Cream of tartar, a fourth of a teaspoonful (to a child six or ten months old), twice a day, for two or three days, proves effective in giving relief. Giving it two or three times a week, serves in many cases. This generally serves the curative purpose, for persons of any age. It may be mixed in water sufficient. The hot prickly sensations which sometimes appear in the skin, also disappear from the same treatment. Two drachms of tincture of benzoin added to six ounces of water, and applied, speedily disperses it. This also disperses many itchings and burnings of the skin.

MOLES.

Moles are undesirable blemishes, but they can be easily removed by a little treatment. Acid nitrate of mercury applied with a splinter of wood will disperse them. There is no pain attending the application, and the growth shrivels, turns black, and falls off in about a week. The only trace left in the place it occupied is the slightest shade darker of the natural pink; if the subject is young, this gradually disappears. If the mole is large, apply to only a portion of it at one application. Occasionally more than one application is necessary, but the surface must be permitted to heal before a second application is made. Care must be made not to touch the surrounding surface.

WARTS.

Warts disappear and do not appear again, if they are briskly rubbed with a slice of radish, three or four times a day. It is said that sliced raw Irish potato, will produce the

the same result, but I have not tried it. It is also said that rubbing them with green bean leaves, crushed, will remove them.

STYES.

Styes in addition to being unattractive are pain-creating guests. They are really little boils, resulting from similar causes that boils elsewhere on the body do. After they have progressed to much extent, it is best to permit them to mature and cleanse out, hastening them only by a mild poultice, and hot applications of sweet milk. Bread and milk poultice serves the best for applying to these afflictions. A silk mat, or silk rag folded four or five thicknesses and dipped in hot sweet milk and placed upon the affected part, changing sufficiently frequent to keep it hot, greatly relieves pain and favors recovery. Frequent applications of hot water is an alleviator of the pain.

These little boils should always be permitted to *open themselves* when they have been permitted to continue till pus has well formed, as by so treating them the danger of injury or leaving a sear is avoided. When they have matured press out the pus and cleanse with fresh, hot sweet milk and water equal parts, and place over them a silken mat or rag dipped in hot sweet milk, remoistening it when it appears to become dry.

Spirits of camphor applied to the affected part in threatened stye usually disperses it. Equal parts of water and spirits of camphor applied to the stye hastens its dispersion at any stage.

There must be a betterment of the condition of the general system, the urinary and alvine excretion must be increased—the blood purified. For this purpose the mixture directed in this book in the treatment for “Wild Hairs,” taken as there

directed, accomplishes this. Also, the capsules (see remedies in this book) taken sufficient will purify the blood in these cases.

HELPFUL HINTS.

Nature makes no mistakes, at least but few, and she has provided us with organs suited to every essential purpose. But people pervert and distort nature, thereby producing not only great suffering and disfigurements on themselves, but make themselves repulsive to defenseless others. Breathing should be effected *through the nose* and not through the mouth; by so doing the lips are better preserved and much morbid condition of the throat prevented. Much of the throat trouble of children is somewhat due to the habit of keeping their mouths open, especially when out in chill air. Also, by keeping the mouth shut, it improves the facial appearance of most people. Shut your mouth and improve your facial appearance is nearly as valuable as "shut your mouth and save your life."

THE NOSE.

The nose informs us of unfriendly odors, thereby acting as a safeguard against many unpleasantries.

Excessive red nose is usually caused by indulging in intoxicating drinks, very occasionally by excessive tea drinking. To remove, stop the habit or cause; bathing the nose in hot water to which a little spirits of camphor has been added, aids in coaxing back the normal color.

BLACK OR BRUISED PARTS.

If spirits of camphor is immediately applied and frequent applications made, it prevents the discoloration appearing. The application must be made immediately after receiving the injury to prevent the discoloration. When present, equal parts of spirits of turpentine and spirits of camphor, mixed and ap-

plied freely, disperses it the quickest of any remedy; this acting very rapidly on the circulation, thus effecting its elimination and removal by the circulation. Free sweating, produced by exercise, removes the disfigurement very rapidly and also prevents blood poison.

Hot water applications frequently made, and free perspiration from the entire body, removes it really more rapidly and effectually than anything else. A leech applied and permitting it to draw the bruised blood, hastily assists in a return to normal. In all conditions of bruise of any severity there is both *killed blood* and *tissue*, and this must be eliminated and carried off by the circulation. It cannot be brought to life again; it is destroyed. Tincture of capsicum serves as a help in some cases, but to sensitive skins it produces unbearable burning. The following has been recommended, and is doubtless quite effectual. I have not tried it, however: Take a strong tea of capsicum, and mix an equal amount by bulk, of mucilage or gum arabic, and to a teacupful of the preparation add three drachms (or teaspoonfuls) of glycerine; mix well together, and apply a coating as often as it disposes to dry. This is said to prevent and also to remove the discoloration. This is also said to be unequaled in the cure of rheumatic or stiff neck, applied in the same way as above.

SUPERFLUOUS HAIR.

An undue crop of hair on the hands and arms, and on the faces of ladies, is undesirable, and especially unsightly on ladies' faces. Many articles are recommended for removing these undesirables, but it is quite difficult to state one truly trustworthy—one that may not leave more undesirable traces than the unpleasantness sought to get rid of. Peroxide of hydrogen applied two times daily over the superfluous hair causes the hair to become so brittle that it may be brushed away. But

this continued for a very long time causes the hairs to become coarse, harsh, and undesirable in this respect.

OFFENSIVE ODORS ABOUT THE BODY.

The unpleasant odors of perspiration may be prevented by keeping the body clean, especially *inside* as well as outside. The general health must be kept in normal condition, excretions kept well performed, and the surface of the body washed clean. If the morbid condition has stolen on apace, add half a teaspoonful of chlorate of potassa, to half a glass of water, and take a teaspoonful of the mixture, three times a day for three or four days. But the sewers—the waste channels—*must be kept clean and unloaded*, and there will be no foul gases leaking out.

SOAPS.

There is an immense variety of soaps manufactured and exhibited for sale, many of which are of excellent and superior quality, and many are harmful. A few are harmful only to sensitive skins.

Pure castile soap is best and safest of all the soaps, and may be used by persons of all ages.

Soaps made from vegetable oils, and pure hog's lard, only, make soaps desirable for toilet purposes.

A good article of soap is a medicine of itself, yet some valuable additions may be made to it.

Pure white castile soap, two parts; dissolve in half as much water, and one part of sulphur well incorporated into it, is useful in the cure of acne, and many other annoying eruptions over the body, of scarcely known cause.

Castile soap, two parts, dissolved in one part of water, and one part of oat meal incorporated, makes a kindly acting soap for face and hands.

Also, castile soap three parts and water three parts, and two parts of almond meal incorporated, makes a valuable toilet soap.

A little oil of wintergreen, added to soap is thought to improve it, half a drachm to an ounce of pure castile soap.

In preparing the above soaps, after the articles named have been mixed, and before the soap has become cold, add as much alcohol as the water first used, and mix well.

Lloyd's Asepsin soap is an excellent soap.

The old fashioned home made leach-lye soap is unsurpassed in curing many skin sins and sores. It is used as other soaps, for washing.

FACIAL MISCELLANY.

Washing the face in watermelon water, or juice, is said to banish freckles speedily.

Peroxide of hydrogen, fifteen drops to a glass of soft water used daily to wash the hands and face, is a bracing tonic for the skin and will make it firm and white.

Tooth paste: Take powdered orris, eight ounces; white castile soap, two ounces; myrrh, two ounces; golden seal, four grains; honey, four ounces; and glycerine to complete the paste. Mix.

SOOTHING CREAM.

Bay rum and glycerine, of each, two ounces; quince seed jelly four ounces. Mix, and perfume as liked. It is not sticky nor greasy. Useful to apply to roughened and chafed hands and lips. Diluted, it may be applied to the hair when dressing it, to keep it in place. Two ounces of quince seed, bruised, and added to a quart of boiling water, and boiled away to a pint, makes the quince seed jelly. An ounce of witch hazel added improves this cream. It makes a kind friend to have at

hand, it is valuable for application to irritated chafings, nasal chafings, sores, and for smoothing and soothing tender skin.

A cure for tetter said to be effectual: "Wet gun powder, smeared on the affected parts, two or three days, will effect a permanent cure in two or three days." I have not tried this remedy, but can see no reason why it might not be tried. Pure sweet cream mixed with the gun powder, would cause it to be a little more mild. And the writer would suggest that should the tetter extend over considerable surface, that the gun powder preparation be placed over but a small surface at a time.

Persons engaged in handling dry seeds are sometimes annoyed by undue dryness of the naso-pharynx and the throat, occasionally accompanied with sharp piercing pains. Regulate the actions of the bowels and kidneys, take a hot water bath three times a week. To a teacup half full of hot water, add fifteen drops of spirits of camphor and five drops of essence of peppermint. Mix, and snuff a small quantity up the nose twice a day, and also use a little as a gargle. No harm is done if some of it happens to be swallowed.

CARE OF THE EYES.—GENERAL OBSERVATIONS.

We hardly appreciate the real value of the eyes till we are almost facing the loss of the use of them. One of the chief causes of failure of the eye sight is due to the improper care and protection given the eyes. Rooms occupied by individuals whose occupation requires constant and close use of the eyes, should be well lighted. The eyes should be well protected from the light falling directly on them, by a shade worn over them during working hours, and this shade should extend sufficiently far as to prevent the light falling on the lids at all. By having the eyes thus shaded the glare of the light reflected from the object looked upon is materially lessened, also the direct rays

of light are much softened in tone, thus considerably less taxing the eyes.

The best light is day light. The nearer artificial light approximates day light the more salutary it will be to the eyes, hence artificial light should resemble day light as near as possible, and should be sufficiently intense to prevent straining of the eyes. Lamp shades of a bluish-greenish tint should be used at night to modify and soften the rays of light.

The furnishings and draperies of rooms should be of those tints and combinations of tints most agreeable to the eyes, the yellows and reds being the most objectionable.

Long-continued use of white paper reflects a glare highly injurious to the eyes. A slight suggestion of bluish tint obviates this. The glare of reflected sun light from white, bright yellow and also red paints on buildings are highly injurious to the eyes. Plentiful surroundings of trees with their green foliage modifies this agreeably, green being nature's own tone for modifying all other colors and tints agreeably to the eyes.

Printed words in small type are ruinous to the eye sight. Sleep at night, accepting nature's restful, restorative tonic to the eye sight; this is also one of nature's greatest preservatives of the eye sight. Opening the eyes to a glaring light at night, especially after having been asleep, is very destructive to the eye sight. Bathing the eyes in *hot* water of mornings is very useful in preserving the eye sight. *The less medicine of any kind used in the eyes, the safer the eye sight is.*

There is no part of the body which can be afflicted without the entire body suffering to some extent. Hence, when the eyes are sick, unless from mechanical injury, there is a constitutional derangement as a foundation for the affection, and this must be removed before a cure can be effected. The external surface of the eye lids, like the skin on any other part of the body,

may be affected with diseases that affect any other part of the body, as erysipelas, measles, scarlet fever, small pox, or any eruptive inflammation the skin may be subject to, boils, and styas may appear, also warts, moles and other growths.

The internal covering of the eye is a mucous membrane, and may be afflicted with any form of disease common to mucous membranes in any other part of the body, and the treatment of its affections, like diseased mucous membranes in any other part of the body, must be directed to and effected by placing the general constitution in normal condition; while local treatments aid restoratively, the principal dependence and certainty of cure, is the placing in normal condition the general constitution or health.

Senile failure of eye sight must be endured as we must endure the senile failure of the entire structure of our body. Keeping the general health in the best condition possible, and avoid straining the eyes in using, is the best preservative of their use. The senile failure of the eye sight cannot be restored to youthful vigor, and such attempts are fruitless. Any severe medicines, operations or treatments, when senile failures present, is fraught with great danger of destroying the sight you are spared, hence only the very mildest tonic treatment should be permitted. The camphorated hot water and golden seal tea, and simply hot water baths, will be found to meet most every one of the requirements kindly, and these while doing the good needed, are in no way harmful.

The wearing of glasses or spectacles, should never be resorted to except in extreme age—this rule suiting very nearly *every case*. The extreme to which the habit of “prescribing” spectacle wearing has been carried, has become disgusting as well as displaying a serious deficiency of intelligently knowing what and how to treat, unwillingness to treat aright or both.

To place spectacles on a patient with eye sight disturbance, which arises from simply the pent-in filths within the body that should have been daily cast out of the body, but that have been of so long continued retention that the skin of the entire body is absolutely dyed with them, presents an uncanny advertisement for professional skill.

SELECTING SPECTACLES.

In selecting spectacles, no one can make a suitable selection for you but yourself. You alone can judge those that meet your requirements. If you desire them for far view those meeting this requirement with perfect ease are to be selected; likewise, if for near view, those meeting this requirement must be selected. While the eye in its natural vigor by its innate faculty adapts itself to this requirement, glasses, or spectacles not possessing this quality of adaptation, can not make the changes necessary for such purpose, and if your eyes have lost this vigor for these uses, there is no power in all the spectacles in the world that can restore it, though they may aid in using kindly that you have left.

GENERAL SUGGESTIONS FOR TREATING AILMENTS OF THE EYES.

In all ailments of the eyes, the first essential treatment is to place the general health in the best possible condition; when this is done most frequently there is no eye trouble lingering to be coaxed back to health. Hot water sponge-baths to the entire surface of the body should be taken about three times a week; the feet should be treated to a soaking hot water bath of at least twenty or thirty minutes duration, every night before retiring. The internal system should be thoroughly cleansed from morbid matters from *within itself* by promoting excretion by way of the kidneys

and bowels. When this is effectually done, there will be found exceedingly few cases of inflammatory or ulcerative conditions of the eyes that will require more treatment than is directed in the following treatments: The constitutional treatment I have directed, and the frequent bathings with *hot* water, will cure the very largest variety of *all* eye ailments, and even if the ailment is of scrofulous origin. And among all the known remedies, there is nothing that equals the hot water bathings for relieving pain, reducing inflammation, reducing swellings, and dispersing suppurative processes, thus restoring to healthy condition, and without any possible after trouble.

Any kind of hair swabs or brushes are to be condemned in treatment of the eyes. Hairs are cutting. Cotton swabs are decidedly preferable. Besides being best for the eyes, the cotton swabs are cheap, and hence a new one can be used at every treatment.

CONJUNCTIVITIS.

Ophthalmia is a term applied to various inflamed conditions of the eyes, and is applied to various degrees of severity and manifestations of inflamed sore eyes, and which affections may be scrofulous, catarrhal, purulent, various, scarlatinous, or other morbid conditions, internal or external, all of which manifest from a morbid condition of the general system. The writer here uses the term *conjunctivitis* instead of the term *ophthalmia*, to include a large number of morbid conditions of the eyes.

Conjunctivitis is of more frequent occurrence, of greater or less severity, than any other form of affliction of the eyes, though when not associated with syphilitic taint, it is comparatively easy to cure. This affection is an inflammation of the mucous membrane covering the ball or globe of the eye,

and lining the lids and inner walls of the sockets; it may be chiefly confined to any of these parts, or it may involve all of these parts at the same time. Whichever part the inflammation may be confined to manifests redness, increased heat, swelling, soreness and pain, in greater or less degree, according to the degree of severity or magnitude of the inflammation, when the inflammation is deeply extended, the suffering is greater, especially is this true if the inflammation is deeply extended in the ball or globe of the eye.

In all the manifestations of this disease there are some symptoms common to all—the heat, the redness, and swelling, and there may or may not be discharge. When there is no discharge, the heat is more intense and the swelling is more firm, and is accompanied with more pain and soreness. The conjunctivia over the eyeball sometimes swells, forming a ridge-like fold manifestation, that may destroy the vision if permitted to continue. This condition has been diagnosed cataract, and operation has been advised.

While it embodies much of the cataractous nature, yet it yields kindly to local hot water treatment, in very, very many cases with no other treatment, though its disappearance may be hastened by the hot camphorated water baths, permitting a little of the camphorated water to enter the inside of the lids; this aids in throwing out the excess of accumulated fluid and giving tone to the structures, thus kindly acting as a restorative.

The discharge which is sometimes free and profuse keeps the swelling and heat within limits.

In conditions of inflammation of the conjunctivia the discharge is usually watery, or watery-mucous at first, afterwards assuming a more or less thick, purulent type. The discharges may cause excoriation of the edges of the lids or surrounding

parts with which it may come in contact, if permitted to remain very long, or if the discharge is purulent extensive ulceration may manifest.

The severest manifestations of sore eyes to be met with are among the *very bilious*, the poorly fed, or the poorly nourished, those insufficiently clothed and of improper surroundings, the syphilitic and uncleanly—the last two named being the most unsightly and the most difficult to cure. Exposures to smoke, dust and lint from factories and shops, and various other inductions of irritable substances into the eyes, also extreme heat or extreme cold, are productive of injury resulting in inflammation of some part. Inflammations and ulcerations, little boils, styes as they are usually called, may and do manifest wholly from constitutional disturbance other than syphilis—may arise from simply biliousness, or from an impoverished and vitiated condition of the blood due to deficient excretions, the deficient activity of the kidneys and bowels.

Ordinary or simple inflammation of the eyes, if at all properly managed, does not injure the vision. Those of great length of duration may destroy vision, especially under bad treatment and bad management.

On the first manifestation of inflammation of the eyes, frequently there is no discharge, but may early extend to this stage of progress, which stage is frequently called catarrhal sore eyes, or catarrhal ophthalmia. Ulceration of the eyes may be confined to the edges of the eyelids, to the lids or inner walls of the sockets; in either case a vigorous constitutional treatment and the mild tonic washes, which I will shortly direct, and hot water baths will effect a cure. If associated with the ball^r or globe of the eye it is more serious and more difficult to cure, but proper constitutional treatment and mild local treat-

ment, and getting the system in the best nourished condition, gives the good result desired—*the cure*.

For local applications in simple inflammation of the eyes, simply bathing the eyes with *hot water* three to four times daily, very frequently proves all that is necessary. A little salt added to the bath used, often greatly aids in effecting the recovery, especially where there disposes to form crusts about the edges of the eye lids.

If the discharges seem fetid, add half a teaspoonful of chlorate of potassa to half a glass of water, and take a teaspoonful of the mixture three times a day, for two or three days, in addition to the other treatment being used.

Take golden seal, a teaspoonful, place in a vessel and pour upon it a teacupful of boiling water, let it stand till cold, then strain it and add a pinch of sulphate of zinc the size of a small pea. This is a most effective wash for these inflammations; it should be applied twice a day.

Where there is a disposition of the appearance of little pimples, boils, or styas, as they are usually called, the camphorated ointment serves to disperse them. Dissolve one-fourth of an ounce of camphor gum in an ounce of pure hog's lard, by mild heat, remove from the fire and when cool add twenty drops of oil of peppermint and thoroughly mix. Fifteen drops of laudanum may be added to this mixture with some benefit. It must be applied to the edges of the lids, this serving the best, if well applied after the patient gets to sleep.

In all conditions of inflamed or sore eyes no matter of what nature, the system *must* be cleared of morbid matters, and the excretions kept active. For this purpose the following serves most effectually, and after the first few doses, only an occasional dose is necessary to continue the action, thus obviating the all-day and every-day dosing: Take simple syrup

and glycerine, of each, three ounces; sweet spirits of nitre, one ounce; fluid extract of cascara aromatic, one half an ounce; tincture of capsicum, a drachm; and podophyllin, two grains. Mix thoroughly and take a teaspoonful every four hours, till *free* biliary alvine action is seen to follow. Then a teaspoonful taken just before going to bed at night, every third or fifth day, serves to continue the necessary action or influence. There is no remedy superior to the above for the constitutional treatment, in any condition of inflamed, or sore eyes, even though there be syphilitic taint, or complication.

The capsules (see remedies in this book) may be given with frequency as above to those who dislike to take a fluid medicine.

When the inflammation of the eye ball or globe of the eye seems of much severity, as is indicated by great pain, a swelled and intense red appearance, or the suppurative discharge is great, take a tablespoonful of the above medicine, every night for three nights, then every third or fourth night, and the following during the day: Take water and glycerine, of each, two ounces; polymnia uvedalia, one half of a drachm. Mix, and take a teaspoonful of the mixture, three times a day, half an hour before meals.

Tincture of bryonia, twenty drops; water, four ounces. Mix. A teaspoonful given every two or three hours, disperses pain, whether in the ball or any other of the parts, lessens inflammation and hastens recovery.

The yellow dock syrup directed in this book in treatments of the face, may be given with good results in some cases disposing to pus dischargings and pus formations, and inflammations.

GRANULATED SORE EYES.

In this condition of eye ailment, in addition to the inflammation, there is a papulous, or grain-like manifestation over

the inner surfaces of the lids of the eyes, or may extend over the eye ball, but it is usually confined to the lids; there is a sensation or feeling in the eye as if there were little grains of sand or other like irritating substances in the eyes. The manifestation is due to the inflammation being deeply extended, and which is due to the morbid condition of the general system.

In this manifestation, there is not much disposition to supuration, but to a continuation of inflammation, with the accompanying unpleasant sensations somewhat as if there were grains of sand in the eyes. Take the above preparation containing cascara and podophyllin, as directed, or the mixture directed in the treatment of uræmia in this book, as there directed. Or the capsules (see remedies in this book), taken one every three hours till free biliary alvine dejections are seen, then one every other to every fourth night, so long as needed, and use the following local application: First bathe the eyes with plain *hot* water, then with a bath made by adding ten drops of spirits of camphor, to about a third of a teacupful of hot water, and in applying permit a small portion to enter the eyes. This camphorated bath causes a copious flow of fluid from the granulations, and allays inflammation, thus removing the morbid condition; it also lends a tonic effect to the structures of the parts unequalled by anything that I have tried for this condition. I have had success in curing this manifestation of eye trouble with the above treatments, where others have failed to even give relief. It requires but a short time to effect the cure, and relief is experienced from the beginning of treatment.

CATARACT OF THE EYES.

Operation for the cure of cataract of the eyes is not advisable, and almost always results very unsatisfactorily; the writer has never known a case operated upon that resulted satisfactorily.

It is exceeding rare that the primary cause of cataract is located in the eye—if ever it is. Close investigation will show that cataract of the eye or eyes appeared and developed during some period of special ill-health, prolonged eye-strain, or excessive hardship on some other part of the body. Rare cases are congenital. I have met but one. Prolonged standing on the feet, punishing shoes, prolonged constipation and frequent straining at stool, heavy lifting, prolonged and exhausting work with the hands and arms, or a vitiated condition of the general constitution caused by pent-up effete materials in the circulation producing inflammation—which may locate in any part of the body, will give rise to this condition—and various other abnormal conditions—even total blindness. When the condition appears, causes that it is reasonable to believe may have led up to the condition must be removed, and the patient given adequate rest; when this is done, frequently no other treatment will be found necessary.

Comfortable rest both to body and mind is of first prime importance for a cure; free urinary and alvine excretion, and wholesome nutrition is of next importance, and local treatment will be but mildly required.

For the constitutional treatment, for establishing excretion, promoting nutrition and assimilation, give the remedy directed given in the treatment of conjunctivitis (which see), as there directed. For the local treatment, first bathe the eye with plain water quite warm, then bathe the eye with equal parts of spirits of camphor and hot water, permitting a small por-

tion of this mixture to enter the eye. The effect of this will cause a copious flow of water from the eye. This for the morning treatment. Bathe the eye in plain hot water before retiring to bed, and introduce a pledget of cotton well saturated with pure glycerine, into the nasal cavity on the side of the affected eye, and let remain till morning (unless the patient should awake during the night, when the pledget may be changed for another one well saturated with glycerine). The above treatment disperses the morbid accumulation of fluid, and the inflammation. After the cataractous appearance has dispersed, a wash of golden seal tea used once a day for a short time will be all that is needed.

WATERY EYES.

When watery eyes, or the eyes running hot water, exhibits, there is a constitutional disturbance and generally a recent cold. A capsule (see remedies in this book) taken, one every four hours till three or four have been taken, if the case is severe; if mild, one taken at night just before going to bed, will put matters right. Local treatments in these attacks are seldom necessary. Should the condition be a little slow to subside, however, use the *hot* water bath, but always avoid using medicines in the eyes as much as possible.

THE WEEPING EYE.

There is very occasionally met a condition called the weeping eye. (It is not, however, the variety that moves the sickly sentimental.) There is no apparent inflammation present, except on extreme exposures to cold, and then it generally subsides without treatment; and the vision does not impair. The weeping is almost continual, lessening slightly towards midday. The writer has met but one case, and that one quite

a number of years ago. The mother of the subject had the case treated by many doctors, but without curative effect. The case was cured, however, by the application of a little coal oil on the lid and the angle of the eyes, which treatment was recommended by an "old woman." (Just like them.)

CROSSED EYES.

Squint eye, strabismus, or crossed eyes, is so rarely benefited that it is usually better to content with the situation rather than risk coming out with a worse one. Let them alone.

NERVOUS TWITCHINGS ABOUT THE EYES.

A twitching nervousness sometimes appears about the eyes that occasionally proves quite annoying. It is due to a morbid condition of the system which depresses the nerves. Keeping the urinary and alvine excretions free, disperses it and prevents its return. The capsules (see remedies in this book), or any of the preparations named in this book containing cascara and podophyllin, taken as there directed, taken to produce very free biliary alvine dejections, will produce the cure desired. The hot water baths to and about the eyes is all the local treatment needed.

THE ACHING, TIRED EYES.

For the aching, tired eyes, caused by long application to reading, sewing, or other employment requiring prolonged use of the eyes, bathe in simply *hot* water *freely* till relief comes, which will come in a few minutes if the bath is administered properly. Ten drops of essence of peppermint may be added to a third of a teacupful of hot water, and used as a bath, but the hot water alone will give the best relief.

SHORT-SIGHTEDNESS.

This affliction of the eyes is sometimes congenital, in which case it cannot be cured; when such is the case, it manifests very early in life. The habitual limitation of the view, is the cause when it is not congenital. Those persons who confine the eyes closely to some object, as engravers, students, working people who have to handle minute objects, or work on things close to the eyes continually, compose the class of those who have acquired it.

Giving the eyes a change, by occasionally lifting the eyes and looking far from you, obviates much of this eye-strain. When the mischief is done, a cure can only be effected by rest and a change, when the natural sight will return. Do not resort to wearing glasses thinking to effect a cure, for it will only augment the trouble. Change position and give the eyes a perfect rest. No surgical operation in these cases can do any possible good, but on the contrary can do an immense amount of harm, can destroy what sight you have.

In addition to change and rest, the eyes may be bathed night and morning with mild camphorated water, or simply hot water, using it quite comfortably hot. It should be applied with a silk sponge or silken fabric, or, a bit of new cotton, and a new bath should be made for each application.

DAY-BLINDNESS.

Day-blindness, also called nyctalopia, or night vision, while said to be natural to a few of the species of the animal kingdom, is acquired by the human family. Constantly using the eyes at night without using them in the daylight, develops this annoyance. A change and rest are the absolute necessity in this condition. If the general health should be impaired, a general restorative treatment should be administered. A change of conditions, general rest up, and regulating excretions, is

usually all that is necessary; for regulating the excretions, the following kindly gives the desired result. Take simple syrup and glycerine, of each, two ounces; fluid extract of cascara aromatic, half an ounce. Mix, and take a teaspoonful three times a day for three days, then a dose at bed time will be sufficiently frequent to keep excretions promoted. Or, the preparation containing the tincture of prickly ash berries, and leptandra, directed in case three, in this book. The eye sight is our most precious possession.

Some disturbances of vision are congenital, and while some of them are greatly remedied by skillful treatment, there are many manifestations for which no relief can be had.

“WILD HAIRS.”

There are no such appendages appearing among the draperies of the eyes, and the pulling out of the eye hairs, or lashes, augments and aggravates the condition. The annoyance attributed to such cause, is due to morbid condition of the blood, “to bad blood,” (see article on bad blood in this book) which may be, and usually is augmented by various exposures, as heat, dust, and cold winds. The eyes are weak and tender, there are soreness and redness of the edges of the lids, sometimes a crust formation, usually little pustules, or little boils they really are, form at the root of the lashes, and to this is due the distressing sensation that is experienced.

While local treatment is necessary, no severe treatment is required, and none but that which is very mild must be used. Most generally simply the frequent hot water baths or washes, will do all that can be done by local treatment; this, in any stage of the progress of the ailment, allays the inflammation and swelling, when present, and if pus formation is present or forming, it fluidifies it, thus dispersing the morbidness by way of the circulation, relieving and saving the eyes. If no boils,

little pustules or pimples have manifested, it is rare that the hot baths alone do not suffice; if these are forming or formed, the camphorated vaseline applied to the edges of the lids after going to sleep, and left remaining, gives the palliative and curing relief.

For constitutional betterment and cleansing the blood, thus dispersing the cause of the above morbid manifestation, and producing a cure, the following mixture gives the acceptable cure: Take fluid extract or yellow dock, two ounces; fluid extract of may apple root, one drachm; glycerine, three ounces; simple syrup, one ounce; essence of peppermint, one ounce. Mix. Take a teaspoonful of this mixture half an hour before dinner and supper, every day for a week, so long as needed. This mixture is invaluable in any manifestation of inflamed or sore eyes, and may be taken as above directed.

EXOPHTHALMIC GOITRE.

The exhibition of this affliction is consequent upon great constitutional disturbance, greatly debilitated condition, usually associated with scrofula, frequently with syphilis, aided by overwork and undue excitement of the generative organs. It manifests among both males and females. Its periods of development extend from the beginning of the transition from girlhood to womanhood in the females, and from the transition from boyhood to manhood in the male, to forty-five or fifty years old.

When this manifestation exhibits there is a noticeable degree of thyroid enlargement, usually.

Violent nervous excitement may initiate its immediate onset, which may be spasmodic or progressive. Its ultimate entire recovery is doubtful, rarely entirely disappearing; enlargement may quite perceptibly decrease, but its destructive exhibit remains more or less.

The prime treatment consists in placing the general health in the best possible condition, by establishing healthy excretion, favoring a high degree of nutrition, and promoting equalization of circulation. To this must be added fresh air, pleasant mental surroundings and mild exercise taken.

For giving the constitutional betterment, give the mixture directed in this book to be given in the treatment of "Wild Hairs," as there directed.

Take polymnia uvedalia, five drops; water and glycerine, of each, two ounces. Mix. Take one teaspoonful three times a day. The special effect obtained from this remedy is the reduction of the enlargement, and assists in dispersing inflammation.

Bathe the afflicted part with equal parts of echinacea and water, morning and evening.

INFANTILE SORE EYES.

The term infantile conjunctivitis may include almost all the usual types of sore eyes manifesting in infants and children several years of age, except those which present from injury, or some conditions which are congenital, perhaps. These inflammations may manifest when the infant is but a few days old. Appearing in the very early days of its life it may be due to local congestion caused by undue exposure of the eyes to cold, or from shock caused by undue exposure of the eyes to light; it may be the result of uncleanness; and it is sometimes due to inherited syphilitic taint.

If the manifestation is due to the first named causes, protection of the eyes, bathing and cleansing with hot water, and hot sweet milk, which may be combined, or used alternately will effect the cure. Frequently this treatment is all that is necessary, in fact it is exceedingly rare that this does not cure

every case. If not readily yielding to the above treatment, add a slight suggestion of salt to the water, used for the eye bath; this may constitute the morning bath, and for the evening bath, use simply hot water, or the golden seal tea or infusion (which see in treatment of eyes in another article in this book) may be used. If the disease manifests from uncleanliness, cleanliness is the remedy.

If syphilitic symptoms appear, constitutional treatment will be necessary. If the child is under six months old, the mother may take the medicine that is intended to produce the constitutional effects upon the child, the child receiving sufficient medicine through the milk—if it be nursing the mother. I have effected some remarkable cures in young nursing children from this mode of medicating, though there are some cases this mode does not appreciably affect. In the case of a child eight months old, that was nursing its mother, I cured one of the worst cases of syphilitic manifestations that ever came under my observation, by giving the medicine that was intended for constitutional effect, to the mother. In this case not one dose of medicine was given to the child. The child was given hot water sponge-baths, daily, using castile soap freely, for cleansing purposes.

CARE OF THE TEETH.

The proper care of the teeth is comparatively neglected, frequently at least till they are in an advanced stage of decay. Attention to the care of the teeth, at the latest, should begin as soon as the permanent set begin making their appearance.

The prominent local attention necessary is daily cleansing. The safest method for this purpose is to use a woollen cloth or rag moistened with pure water and dipped in very finely pulverized charcoal, and with the rag over the finger rub carefully and cleanse the teeth. While this mode of cleansing is quite

simple in a way, and is not very esthetic perhaps, the reward received in preserving a mouthful of pretty teeth is worth the attention given. Any particle of food remaining between the teeth should be removed with a wooden toothpick.

This method of cleansing the teeth, besides leaving them clean and white, prevents unpleasant odors about them, and also prevents the accumulation of tartar upon them, which formation predisposes to early and rapid decay.

This method of cleansing and caring for the teeth is safe, is in no way injurious and requires no other antiseptic.

Never use a brush on the teeth, as it cuts away the enamel, thus beginning the destruction of the teeth.

If the gums are becoming unduly soft, or are receding from the neck of the teeth, a daily use of the following preparation will restore the needed tonic: Take golden seal, two parts; bayberry bark, one part. Mix thoroughly and apply a small quantity on the gums after cleansing the teeth.

Tincture of myrrh applied to the teeth is said to remove tartar from them when present. Magnesia is also quite efficient for this purpose.

CARE OF THE EARS.—GENERAL OBSERVATIONS.

The old saying, "Put nothing in your ears smaller than your elbow," is the best advice ever given. The habit of picking, scooping, and syringing the ears has been productive of more cases of loss of hearing, a multitude of times more, than would have resulted from any and all causes short of direct effort to destroy the hearing. There is no syringing needed to keep the ear clean, and no more picking or scooping than you can do with the end of your little finger; the action of the condyle of the jaw in the glenoid fossa causes sufficient movement of the external canal to work the cerumen out-

wards, so that in the ordinary process of wiping the ear, enough wax is removed each time to answer the purpose.

In every case of disturbed hearing, unless congenital or caused by mechanical injury, some constitutional derangement is the foundation cause, even if it be nothing more serious than the wax becoming harder than is consistent to its easy and natural removal.

The internal surface of the walls of the ear may become inflamed and may swell, which will not only cause a degree of pain, earache, but may cause the hearing to be less acute; this will in most cases disappear from applying a hot water bath three or four times daily. The mode of applying the bath is by means of a sponge, or silk or woollen mat or rag, folded four or five thicknesses, dipped in water as hot as can possibly be borne, the mat squeezed to remove the surplus water so that it does not drip, and the mat held over the ear, repeating to keep it hot. It is best to have two sponges or mats, and when one is removed immediately place the other; thus proceeding a good, full benefit is obtained. This bath should continue for thirty minutes at least, to obtain a good result. In this bath may be placed thirty drops of spirits of camphor to a teacupful of water used, and ten drops of oil of peppermint. Saturate a pledget of cotton with equal parts of spirits of camphor and castor oil, and place it in the ear.

If the inflammation is very severe a constitutional medicine must be given. For this purpose the capsules may be given (see remedies in this book), or the following: Take glycerine, and simple syrup, of each two ounces; fluid extract of cascara, half an ounce; and tincture of buchu, one-half an ounce. Mix, and give a teaspoonful of the mixture every four hours, till free alvine action is seen, then a dose every night so long as needed.

Take tincture of bryonia, twenty drops; water, four ounces. Mix. A teaspoonful given every fifteen minutes till four doses have been given, then a dose given every one to three hours, so long as needed. Immediate relief begins to manifest following the first few doses.

This remedy given in any conditions of earache, or swelled conditions in or about the ears, not only relieves pain, but disperses inflammation, soreness and swellings. It may be given to persons of any age, dose proportioned according to age. The above dose is for an adult.

In almost every affection of the ears, the tonsils or the buccal glands, or both, are also affected more or less; the tonsils, in fact, may be the location of the ailment primarily, instead of the ear. Examination for detecting these conditions should be made. If the tonsils are the parts affected, treatment must be directed to their requirement. See sore throat elsewhere in this book.

Equal parts of spirits of camphor, turpentine, essence of peppermint, and oil of cedar, of each one ounce; castor oil, half an ounce. Mix. Saturate a pledget of cotton with this liniment and apply it well around the ear, and over the region of the tonsils, repeating the application twice a day, also administering the hot water baths if there is much severity. Give the bryonia mixture, before directed in this article, as there directed, if there is much suffering. If suffering is but mild, give it every three hours during the day. Saturating a pledget of cotton with hot camphorated vaseline, and introducing well into the ear disperses pain and inflammation and also softens the wax.

For placing the system favorable to recovery, take the remedy directed in the treatment of "wild hairs," in this book,

there directed for constitutional betterment. Take it as there directed.

The above treatment brings relief to pain, disperses inflammation and swellings, softens hardened wax, and there are but very few cases of ear aches, hardened wax in the ear, inflammation or swellings in and about the ears, or boils which occasionally manifest in the ears, or those long running discharges, or purulent discharges from the ear, or ears, or defective hearing that the above treatment will not speedily and certainly cure.

POLYPUS OF THE EAR.

Hot water baths to the ears, and a morning dressing of equal parts of castor oil, spirits of camphor, and turpentine, mixed and applied on a pledget of cotton well into the ear, and an evening dressing of the following, will disperse nearly every case of polypus in the ear or ears: Tincture of benzoin, two drachms; water, four ounces. Mix.

The powder or mixture containing golden seal and blood root, directed elsewhere in this book for sores in the nose, is also beneficial in this affliction.

The recovery is hastened by taking the following for constitutional betterment: Take fluid extract of yellow dock, two ounces; fluid extract of May apple root, one drachm; glycerine three ounces, and essence of peppermint, one ounce. Mix. Take one teaspoonful half an hour before dinner and half an hour before supper, for one week; then a dose from four times to once a week, so long as needed.

BONY GROWTHS IN THE EAR.

Abnormal bony growths in the ears are very rarely met, though occasionally a case might be found. A bony growth, unless it threatens to destroy the hearing by occlusion, is bet-

ter left undisturbed, or if only one ear is troubled, it may be very probable that it best be left undisturbed anyhow, surgery leaves deformities to mark the path of her travels far worse than that assumed to be removed, very, very frequently.

FOREIGN BODIES IN THE EARS.

Foreign bodies occasionally get into the ears, especially among small children, who for some unaccountable reason must stuff their ears and nose full of something once in a life time. These foreign bodies must be removed by mechanical means.

OBSERVATIONS IN CARE OF THE EARS.

A large per cent. of ear aches appearing among children, is due to exposure to cold winds, and cold generally, and these little bundles of suffering humanity must suffer intensely, at times, if relief is not given them, and when they send in their signals of this distress, prompt attention should be given them. The treatment directed above will give relieve to these cases. Simply the spirits of camphor and castor oil mixed and introduced into the ear on a pledget of cotton hot, and keeping the child in a warm bed for awhile, very frequently gives the desired relief, no other remedy being necessary.

A pledget of cotton saturated with hamamelis, and introduced into the ear, gives the desired relief, in some cases. The bryonia mixture, directed elsewhere in this article, may be given if the suffering is very great, the dose being proportioned according to the age, but the frequency of taking remains the same.

Many of the abnormalities associated with the ears, manifesting in senility, are due to a yielding up of the vital energies, and nothing much beyond simple palliative treatment

can be done. Favoring the prevention of the loss of hearing, the general health must be kept in the best possible condition.

In catarrhal inflammations which sometimes manifest, with but slow tendency to progress to greater severity, the pledget of cotton saturated with the above preparations and used as above directed, and the hot water baths also given as before directed, will give the desired cure.

All of the remedies I have directed, are effective, but mild and safe, and leave no bad after effects.

Much more deafness, boils and pimples in the ears, inflammations, achings, repulsive discharges and a multiplicity of other types of abnormal manifestations, are due to admitting water into the ears when washing, or swimming, or, from water having been syringed into the ears, than has ever been thought of. The disturbances of the hearing following measles, scarlet fever, and diphtheria, are due, in addition to the tenderness of the lining membranes consequent from the eruption, to the reflex extension of the ailment of the tonsils and other glands which are extensively disturbed in these ailments, and which disturbance is due to the disturbance of the digestive organs or glands, and the lymphatics throughout the system, which exists in these types of disease.

In the treatment of any conditions of sicknesses of the ears, properly placing the general health can not be lost sight of; getting the general system well—getting the system rid of its *biliousness* or *morbidness*, is of the first prime importance, and the sick ear will not speed to recovery till this improvement in the general system is at least progressing well.

A great source of the disturbance of hearing is due to blows over the ears, much more of this athletic practice being indulged in than is quite refining or conducive to pleasant results, and

too, this is practiced by many from whom we might expect a better refinement.

The indulgence of intoxicating drinks is a fruitful source of deafness and defective hearing.

In cleansing the sick ears use a piece of sponge or cloth wet with warm or hot water, but never cold.

The use of the syringe in the auditory canal is attended with danger to the drum head.

Perforation of the drum head not only impairs the hearing, but it destroys it.

The deeper structures of the ears are protected from hurtful external influences by the natural curvature of the auditory canal.

THE HAIR.—ITS CARE, AND OBSERVATIONS REGARDING IT.

Many suppose that the thinness of the hirsute appendages of the scalp may be *thickened* at will and a great length of hair be produced almost simply for the liking to have it, but such is not the case. A good suit of hair upon the head is a nice possession and an elegant beautifier, but it is not a gift of nature to every one, and when nature has not laid her plans out in that way to produce it no science nor art can do so.

It is a popular supposition that a heavy suit of hair is indicative of bodily vigor; however this may be it may be observed that those possessing the extra heavy suits of hair are pretty generally somewhat sluggish and stupid to a degree, hence their stock of vigor is not over-heavily drawn upon. It may also be observed that the seemingly heavy suits of hair are not wholly due to any larger number of hairs, but to the coarseness of them, and also that this esthetic deficiency of fineness is slightly manifest throughout the being.

It is advanced, and with considerable degree of plausibility, that intellectuality is a depiliator. I can not admit, however, that mental occupation alone is accountable for the many bald pates to be seen in almost any congregation of people. There is a very great force of side-line influence, no doubt, that plays an important part in "blazing" at least the greater number of them. The fact that bald heads are almost exclusively men lends strong indications that the habits and care of the head have much to do with the balding of them.

There are comparatively few men who do more mental work than women—in fact there are as many that do far less, as there are that do as much. The fact that men resort to places outside of the home-dwellings and pose as business men and professionals, is no evidence of their excessive mentality over the women, who in many instances are not only the mental factor in the economy of the home, which alone requires no small amount of this fabric, but are also performing that part of the poser's work requiring any intellectuality. There have been more speeches applauded that were the woman's fabrication than has leaked out, and more sermons listened to by an attentive audience, that had the real author (a woman) delivered, would not have been listened to at all, than has ever been hinted, and yet the women did not become bald headed.

A thick or heavy growth of hair is not a natural gift to every one, and when nature has not supplied this, no amount of coaxing will outdo nature. The hair may be naturally thick on the head, naturally thin, naturally short, or naturally long. Also, may be of darker or lighter color. But ill-health and improper care greatly destroy the hair, preventing its growth, causing it to prematurely fall off, and marring the beauty of its color.

The hair upon the head, in addition to beautifying, probably aids in preserving an equilibrium of the heat of the brain. The eyebrows beautify and prevent sweat from running into the eyes; also the eyelashes in addition to beautifying, prevent sweat and foreign bodies from entering the eyes.

There is a natural tendency of the hair to fall off after it has attained a certain growth, its place re-supplied by a new growth. There is a falling off of the hair caused by ill-health, which may be rectified by improving the health. The baldness from age cannot be remedied by any means, as it is due to the permanent absorption of the hair glands.

A debilitated condition of the hair glands may manifest at any period of life occasioning thinness or deficiency of hair, and even ultimate baldness. This abnormal condition of the hair glands may be produced by several causes; it may follow exhausting fevers, or long debilitating chronic disease, violent mental emotion, erysipelas, excessive fright or grief, prostration of the nervous system, syphilitic taints, intemperance in eating and drinking, late hours depriving of natural sleep, intense application of the mental powers, also exalted temperature arising from constantly keeping the hat on the head, the increased heat caused thereby augmenting perspiration, which not being permitted to escape by evaporation, ultimately impairs the hair glands causing baldness or thinness of hair.

Another great aid to baldness is the multiplicity of nostrums applied to the scalp, many of which are without doubt extremely harmful. The number of articles that are of any utility in promoting the growth of the hair and preserving it is a very small number.

Many diseases of the hair and scalp are disseminated from wearing other people's head apparel, dressing the hair with other people's combs and brushes, and heads coming in con-

tact with each other. Syphilis, scald-head, tetter and other diseases may be disseminated in this way.

For purposes of cleanliness and health, each individual should use toilet articles which no one else should be permitted to use. The scalp should be kept clean and cool, though excessive washing with water containing strong soap should not be indulged in, as it deprives the scalp and hair of nature's own dressing which is the best promoter of hair growth.

When the hair disposes to fall off unduly, recuperate the general health, and take plenty of sleep in nature's time for sleep—night.

Alcohol, castor oil and glycerine, of each, three ounces; and tincture of capsicum, two drachms, mixed, and applied twice a week serves a most excellent purpose in promoting the growth and preserving the life of the hair. Perfume this preparation with oil of lavender.

A tonic preparation that is said to be highly beneficial for promoting the growth of the hair, is made up of the following: Take vaseline, four ounces; tincture of red Peruvian bark, one ounce; and sufficient oil of lavender, or bergamot, to perfume. Mix, and apply twice a week. Vaseline alone, will promote the growth of the hair.

Alcohol, four ounces; pure hog's lard, two ounces; and camphor gum, one ounce. Mix the camphor gum with the alcohol and let it dissolve, then add the lard, and mix all well together. Apply once a week to the scalp. This is especially beneficial when the hair disposes to fall off after a person has suffered from fever, it lessening the tendency to fall off, and promoting growth.

For preserving the natural color of the hair, there is nothing that is harmless that equals the following: Sulphur, one

ounce; rain water or soft water, four ounces. Mix, and shake the bottle well every day for three days, and when the sulphur settles it is ready for use. The clear fluid is the part used, and may be carefully poured off, without stirring the sulphur. Apply it well to the scalp two or three times a week, or as often as necessary. If the hair is excessively oily, add bay rum instead of water.

A harmless brown dye for dyeing the hair on the head and hair switches is made by boiling half as much black walnut hulls as water, for an hour, and then strain the dye; apply it warm to the hair on the head. In coloring hair switches, place them in the dye while it is hot, and let them remain for six or eight hours, keeping the dye hot, but not near boiling, and lift and turn the switches occasionally. Switches that are grizzly colored, or gray, can be dyed brown with this dye. The inner bark of the black walnut tree serves the same purpose as the hulls. This is harmless. The dye may be purchased at any drug store, but that usually has alum in it, which harms the hair.

Peroxide of hydrogen is said to be a harmless bleach for the hair. It can be obtained at any drug store. When the hair is bleached, the wearer must wait for a new growth to restore the natural color. Ammonia will affect the color of the hair. Borax used in dressing gray hair, or white hair, is said to give it a yellow tinge.

FOR IMPARTING BRILLIANCY TO THE HAIR.

When hair is disposed to be unduly dry, bay rum increases the dryness. Castor oil and glycerine, of each one ounce; clarified honey, three ounces; and alcohol, four ounces. Dissolve the wax by heat, and then mix all together. This is used by some people to give a brilliancy to the hair. The preparation may be perfumed with cologne or oil of lavender.

FOR KEEPING THE HAIR IN PLACE.

A preparation that has been used for keeping the hair in place is made as follows: Quince seed, half a ounce, bruised or powdered; pour over it a pint of boiling water and let it stand for twelve or fifteen hours, and then strain, and then add two and a half ounces of alcohol, and half a drachm of oil of lavender. Also, gum tragacanth, half an ounce, added to four ounces of water, serves a similar purpose.

Gray hair cannot be restored after it has completely grayed. Bicarbonate of soda, a small quantity, added to water used on the hair, will render it of lighter shade.

A HAIR TONIC, OR SEA FOAM.

Alcohol, one pint; glycerine, one ounce; tincture of cantharides, two drachms; and aqua ammonia, one ounce. Mix. Pour a little in the hand, and rub over the head till the foam subsides. It removes dandruff and is somewhat healing to scalp sores.

Four ounces of rainwater; two ounces of castile soap; eight ounces of proof spirits and a drachm of carbonate of ammonia, makes a shampoo, much liked by some people.

Vaseline applied to the scalp once a week promotes the growth of the hair. It also promotes the growth of the eyebrows.

For darkening the eyebrows and lashes, India ink diluted, is used by some people who indulge in "making up."

A HAIR TONIC.

The best of whiskey, a pint; rock salt, as much as it will dissolve; half an ounce of glycerine, and two tablespoonfuls of sulphur. Mix. This is said to accelerate the growth of the hair.

CARE OF THE HANDS.

The first essential to possess a beautiful hand is to own one, then, to preserve it unblemished, get some one else to perform the work. However, there are quite pretty hands that serve faithfully in performing the necessary services for temporal comforts.

The kind of soap and water used for cleansing the hands, has much to do with keeping the hands roughened. Castile soap and cistern water or rain water, used for cleansing the hands, keeps them soft and smooth, even when performing labor calculated to roughen them. A little glycerine added to the rinsing water when washing, greatly aids in preserving them; a small portion poured in the hand after rinsing them and while yet wet, and rubbing it over the hands, is a convenient way of applying it in the rinsing.

If the hands are much roughened, wash them in the above way, sleep with them immersed in oat meal, corn meal, or wheat bran, moistened with warm water, and confined in place by means of mittens.

A TYPE OF SORE HANDS.

A type of sore hands is found among dry goods clerks, which is chiefly due to the continual handling of dry fabrics, and perhaps partly to a slight poisoning from various dyed goods. It can usually be cured by using corn meal for cleansing, instead of soap, and adding a little glycerine to the rinsing water as above directed. In cases more obstinate to get well, cleanse as above, and apply the following: Take pure hog's lard, a third of a teacupful; camphor gum, one-fourth of an ounce; crumble the camphor gum into the lard, and mix by mild heat. Then remove it from the fire, and when quite nearing cool, add one teaspoonful of tincture of benzoin, and thoroughly mix. Apply a portion evenings.

Frequently corn meal used in place of soap, alone, cures these cases. The glycerine in the rinsing, tends to preserve the skin.

Elder flower water is admired by some for washing or rinsing the face and hands, and it is said to whiten them. It may be made at home if one chooses. Take the elder flowers, break out the rougher stems, fill a vessel with them—a granite cup will do, then cover with boiling water, and let it just reach the boiling point, remove from the fire, strain it, let cool till near cold, then add a pint of wine to the tea, bottle it, and it is ready for use.

TO TRIM THE FINGER NAILS.

The finger nails may be more easily trimmed if the finger ends are soaked in hot water a few minutes, after which they may be polished.

TINTING THE FINGER NAILS.

Emery dust, tinted with vermilion or carmine, is used by some to give a roseate hue to the finger nails.

The habit of biting the finger nails, besides being repulsive, deforms the finger ends.

Hands that perform labor will exhibit the blemishes produced thereby.

FOR WHITENING AND SOFTENING THE HANDS.

Wash the hands with castile soap, oat meal or corn meal, and rain water, then rub them well with glycerine while they are yet wet. This will whiten and soften very hard hands if repeated for eight or ten days.

FOR REMOVING FRUIT STAINS FROM THE HANDS.

Ripe tomatoes (not the tin canned) rubbed well over the hands removes apple, pear, peach and apricot stains.

The hands held in the fumes of burning matches will also remove the above stains.

There are many stains that Lloyd's Asepsin soap will remove.

Lemon juice will remove many fruit stains. It will remove grape stains from the hands, from the lips, the teeth and tongue.

Borax, added to the water used for washing the hands, will also remove grape stains and some other stains.

Essence of peppermint will also remove many stains.

THE CARE OF THE FEET.

It is as important to the general welfare of the health that the feet have proper care, as any other part of the body. There is much excretion passes from the body through the surfaces of the feet, and from the encased condition the feet are kept in, this excretion is much confined in contact with the feet, thus favoring re-absorption of these morbid, or effete matters, if the feet are not kept clean by proper washings, and change of dressings. The feet should be kept perfectly clean, and, the nails well trimmed, and the greatest care should be exercised that the shoe or boot fits perfectly.

The necessity to which the human family are driven of having to change the natural contour of the foot to conform to the fashion crazes, is entirely obliterating any approach to a comely foot; the endeavoring to conform the shape of the foot to these deformed shoes deforms the feet, causes bunions, corns, and a *miserable* degree of comfort. In fact these feet torturers are converting the human family into *wabbling-walkers* so rapidly that it is already very difficult to find a person of graceful bodily carriage, or elastic step. Everybody must walk as if they had just stepped from hot stove lids, and had not had time to take the fire out of the burns.

INGROWING TOE NAILS.

Ingrowing toe nails must be trimmed and kept trimmed, and the pressure removed and kept removed. After they have been well soaked in hot water, and the nails well trimmed, frequently nothing more is necessary than applying a little vaseline, or a bit of new unwashed cotton. A little essence of peppermint added to the vaseline, and applied to the affected parts removes soreness.

In trimming the nails, trim them straight across the top end *only*, leaving the corners uncut. Keep them trimmed in this way and the corners will withdraw from where they have been buried in the flesh, and the parts get well, and if they are continually kept so trimmed, they will not incline to ingrow again. Try the above plan and you will be delighted with the cure. The pressure must be kept removed from them.

If the soreness has extended to ulceration, in addition to trimming the nails as above directed, wash them well, using hot water and castile soap, then apply the soothing ointment directed in the treatment of carbuncle, in this book. Resinol makes a good application to some of these sores. It can be purchased at any drug store.

CORNS.

To prevent corns, wear well fitting shoes. To cure them, soak well the feet in hot water and soap to soften them, dry them and apply the One Night Corn Cure. It is as good as any remedy for application, and can be found at any drug store.

Apply at night, equal parts of castor oil and essence of peppermint on a bit of new cotton. This application removes the soreness in the parts, favors the circulation, and the corn disappears.

MOIST FEET.

Those persons who are troubled with moist feet should wear cork insoles covered with silk or woolen fabric, which if a little capsicum be sprinkled on them, improves the condition.

Warming, or roasting the feet before the fire before retiring to bed at night, greatly improves their condition, and in breaking up the habit of cold, and the habit of damp feet.

TIRED AND BRUISED FEET.

Sore or bruised feet from long standing, or prolonged walking, are relieved and the soreness removed by bathing them with the tincture of arnica or essence of peppermint.

STINKING FEET.

This annoyance—this intolerable odor about the sweat of the feet—is simply due to retained *excretions*; a similar odor would manifest all over the body of such subjects, were their body encased in leather as the feet, thus confining the odor; over the body the odors pass off, but the shoes confine it about the feet.

The odors about the feet indicate the nature of the retained excretions, *feces* and *worn out* and *decomposing materials* that should have been eliminated and excreted by the way of their natural outlets—the kidneys and bowels, but not having obtained it by that way, have sought and obtained elimination and excretion by way of the sweat channels in the feet.

The kidneys and bowels, and the sweat channels, are the sewer outlets of the economy of the body—the kidneys and bowels for the grosser part of the work, and to the deficiency of this grosser work not having been done by the proper agents, the kidneys and bowels, is due the stink of the feet.

To remove and to prevent return of this undesirable perfume companion, arouse the excretory functions of the kidneys and bowels by rousing the biliary action of the liver, and keep such function sufficiently active to keep these organs attending to their natural functions.

For cleansing the system and establishing the excretory functions of the kidneys and bowels, any of the preparations directed in this book that contain podophyllin, cascara and glycerine, or yellow dock and podophyllin, will effect the result most excellently, and with having to take the fewest doses of any medicine you will find.

For modifying the unpleasant condition and dispersing it as well as can be done, till the condition has time to be righted by the above means, the following gives the best results:

Pulverized camphor gum, a little sprinkled in the stockings once, twice, or three times a week, gives the satisfactory result. The feet must be washed and their dressings changed. And, add half a teaspoonful of chlorate of potassa, to half a glass of water, and take a teaspoonful of the mixture three or four times a day, for a few days.

SORES ON CHILDREN'S FEET.

A form of sores manifests, occasionally, on children's feet from exposures to the very early dew, and probably from poisons from various weeds, and is augmented by neglect to bathe or clean them. A thick scab formation appears, and sometimes extends to deep fissures, when not properly cared for.

Thoroughly cleanse the feet with hot water and castile soap, and to the sores apply sufficient of the ointment directed

in the treatment of carbuncle, in this book, cover with fine unwashed cotton, and confine in place by means of a piece of muslin, or other fabric. Also, the following serves in curing many of these cases: Take tincture of benzoin, two drachms; water, three ounces. Mix, and apply after the feet have been cleansed as above.

PART SIXTH.

OBSERVATIONS REGARDING THE SICK.

There are symptoms in disease even from the first onset, by which a favorable or unfavorable change may be determined, generally; there being a few exceptions. Everyone should learn to understand these symptoms as well as possible, as a proper treatment may be determined thereby, and prompt attention to them is frequently the means of saving life.

Everyone should, at least to some extent, fit themselves to be able to render some relief in cases of distress from sickness and suffering, as it is the lot of everyone, some time during life to undergo sickness and suffering in some degree, as well as to witness the sufferings of some other individual, perhaps it may be those who by the ties of nature are entitled to tender and loving care, and others, who from good will and benevolence, deserve alleviation from sufferings.

Before maturity and in declining years the body is more susceptible to harmful effects from exposures, and the influence of various other injurious effects, is less able to resist them than in middle life.

The conflict with death begins with life, a constant battle to the hill-top or prime of life, when the "human form divine" in full maturity, erect, in bloom of health, intellectual fire flash-

ing from its windows of vision, suggests that life had triumphed over death. 'Tis only an apparent halt, seemingly for death to gain new energies. The contest has been close, death destroying, life renewing with a seeming gain in store, but its forces now must lose, and it will never gain any more; life's forces show visible weakening and death is gaining ground—that hesitating, tottering step, that paling countenance, that lusterless eye, tells too truly that death ere long from the ramparts will triumphantly wave its black emblem of victory, and though victorious in dethroning the spirit from its temple, yet unsatiated, death lingers and preys upon that beautiful structure till the declaration is fulfilled—"Dust thou art, and unto dust shalt thou return."

Death presents many and varied features in its appearing, varying to some extent according to the cause hastening its arrival, or even when manifesting as a result of the limitation of life, *the time to die*; and it is that something which medicine never cured, nor never can cure. Sometimes its appearance is so masked that the closest scrutiny does not read its approaching, the grosser aspects being so refined in the preparation of its victims, the struggle between soul and body so gradual, solemn and quiet, that the spirit becomes light and hopeful and its load lightens, as the mortal part wastes and withers away, grain by grain, each day by day, hopeful of a longer earthly stay. Sometimes death and life become so blended that death takes the glow and hue of life, and life the grizzly and gaunt form of death. Sometimes it progresses in rapid strides, and sometimes its pace is sluggish; sometimes its passage is boisterous as the stormy sea and wrecking as the forceful hurricane, leaving its victims with most hideous aspect, while a few of its victims look as if resting in a quiet,

peaceful slumber, as if the passage caused no struggle or conquest.

The "flaming flush" upon the cheeks, or either cheek, and which sometimes assumes the "purplish-flaming flush," which manifests in the supposed diseases of the lungs, is indicative of great severity of the disease, generally of death.

Any serious disease manifesting during the early stages of the transition from girlhood to womanhood, and from boyhood to manhood, especially assumes a more dangerous degree and frequently ends fatally. Typhoid fever, cerebro spinal meningitis, scarlet fever, measles and small pox appearing at this time is usually of a severer type and more difficult to control. Scarlet fever appearing in the early stages of this transition is sometimes followed by paralysis from the hips down, especially in boys from fifteen to eighteen, and from which recovery is rare.

Bleedings from the lungs, stomach, nose, kidneys, or bowels are *always* dangerous symptoms, and should receive prompt attention.

Typhoid fever accompanied with insensibility to pain from the first of its onset, loss of hearing, loss of eye sight, delirium mutterings are indicative of fatal termination. Restlessness, heavy-wearied sensations, listlessness, indicate very great severity of the disease of any type.

Inability to sleep accompanying any manifestation of disease is a serious symptom.

The "striking-in" of eruptions before they have "run their course" is a serious symptom.

Involuntary discharges of either urine or stools, no matter of what character, indicates great relaxation and feebleness. Frequently fatality follows.

The corpse-color and expressionless appearance of the surface of the body, is always indicative of early fatal termination; in cases that have dropped dead suddenly, these are manifesting symptoms, usually for sometime previous, though the subject may have been going about usual duties.

A presentiment of death never absenting from the patient's mind, may be looked upon with alarm.

When a mother cannot incline to hope for recovery—seeming to feel a premonition of fatal termination, it has been conceded by many as certain evidence of dissolution, whether for personal self or a member of the family. I am not a firm believer in premonitions, in the usually accepted sense, yet I can hardly entirely discredit them; but I would prefer attributing these conclusions—called premonitions, to a keen observation and good judgment of indications rather than to a premonition.

Fainting is an alarming symptom associated with any ailment. Increasing emaciation is a serious symptom.

Dropsy, general or local, indicates great feebleness of health, and should be viewed with alarm.

Excoriations, or bed-sores appear when vitality is extremely feeble, and are usually followed by death shortly after their manifesting.

Convulsions are especially dangerous when prolonged, or when they follow each other in rapid succession, leaving no time or opportunity for recovery from shock or to administer aid to recovery.

Hiccough, when appearing in advanced stages of sicknesses, and sicknesses of the aged, may be viewed with alarm, and especially when it cannot be readily overcome.

Sighing, when deep and frequent, manifesting in advanced stages of sickness, is an unfavorable symptom.

Long continued coma appearing in any form of sickness, is an alarming feature.

The fixed and glassy eye, the wild and vacant look, the ceased pulsation, the pinched or distorted countenance, the rattle as if mucous is in the throat, the cold, clammy touch, the breathing as if the breath was running out instead of being breathed out, are considered associates of death, and certainly are. But the keenest observing physician can easily be mistaken in symptoms of death for considerable time, and also most every one else, from the fact that physicians are not, as a rule, present to take special note of all presenting symptoms, and the friends are too much excited to note.

Apparent death sometimes manifests, and may continue several days, as has been noted, and recoveries have afterward taken place, while there have been some cases that were mistaken for dead, and buried alive, at least such has been said. Positive evidence should always sensibly present before burial should be permitted.

When the tongue is thickly coated *any color*, foul odor to the breath, appetite deficient or morbidly voracious, *fasting* is the *prime* prescription which should be continued until the tongue begins to clean off, then foods may be taken moderately. There is far less danger of starving to death from withholding food a few days than people suppose. Dr. Tanner fasted forty days and forty nights and then lived on. A plain drink of water, occasionally very hot, occasionally cool, a mucilaginous drink, a drink made from very brown toast and water to which a very small quantity of pure sweet cream may be added, and not taken in large quantities nor too frequently, favors a speedy recovery; while keeping the stomach

crammed with the multiplicity of objectionables and offensibles so commonly ushered into the presence of the patient, and which attendants think must be partaken of lest somebody is insulted, prevents any sensible action of the medicine, and in addition is of no good to the patient.

Our body is very like our dwellings in some respects, prominently in the matter of keeping clean, each alike, constantly require *cleaning*, both *inside* and *outside*. So frequent and perpetual is this *dirtiness* of the body, that there are very few cases calling for treatment but that the first and prime thing absolutely necessary is to begin cleansing the body—inside more certainly than the outside, though frequently both.

For the cleansing of the body outside, soap and water are the best of all cleansers and the best of all antiseptics. But the inside can not be thus cleansed. This inside cleansing must be done by cleansing out the sewers which are usually loaded to obstruction, and excretion is the way to remedy this difficulty, hence the sewers must be opened to rid the system of effete matters which have stagnated the activity of the functions, and by being long retained, reabsorbed into the blood, poisoning it, thus serving to produce a very great number of all ailments affecting the human body. The best way known for this inside cleansing is by the bowels and urinary canal being first cleansed, and for this purpose the remedy that will do this the most thoroughly and quickly, without reducing perceptibly the already failing strength, is the remedy to administer. See remedies directed in this book.

In all cases of disease, of whatever type, there is deficient and irregular circulation of the blood, congestion of some of the internal organs or centers, and insufficient action of the nutritive, secretive and excretive functions. A *hot* water bath properly administered quickens and equalizes the circulation,

diverting the blood from the internal congested parts to the surface and extremities, allays irritability, thus removing much obstructions and placing the system in the best possible condition to rally its powers and regenerate its physical structure.

Regulating the voluntary habits, exercise, air, and thoroughly cleansing *inside* and *outside*, afford proper hygienic conditions for the vital forces to remove the results of diseased or morbid action.

Dreaming indicates some derangement of the digestive function. The too heavy eating just before retiring to sleep, and indulging in intoxicants causes dreaming. It may result from over fatigue, and from continuing the mind too long on one subject or object. Usually a perfectly healthy person does not dream. Somnambulism and nightmare result from about the same causes as dreams. Nightmare most frequently occurs while the subject is lying on the back. Persons addicted to these afflictions should improve their digestion and health generally, avoid over-eating and avoid eating late suppers, quit the use of intoxicants, and take reasonable recreation.

Where there is excessive tissue involved, as in carbuncles, and where there is great feebleness of all the parts and functions, as in typhoid fever, or other greatly debilitating conditions, death of structure is extensive, and the vital energies far below normal, there is great danger of the retrograde tendency so far exceeding the recuperative energies, that death must ensue. In such cases it is a great struggle between life and death, in which condition the vital energies becoming greatly exhausted, tired or discouraged, as it were, will not or cannot rally their recuperative forces.

There are cases in which success may be had in correcting every morbid condition seemingly, in restoring to proper actions all the functions of the organs of the body apparently, and yet the patient dies. This is seen in typhoid fevers quite often. It is due to the patient not having sufficient *vital force* to carry on the vital processes; these forces may be propped, and propped, and thus prolong life for a time, but at last the vital forces are spent.

In caring for the sick every effort must be made to sustain these forces, and the first prime factor is *rest*; every action of the muscles and mind uses some of these forces and exhausts. Absolute quiet permits the patient to use all its powers to resist the processes of disease.

Keep an equable temperature around the patient. Sudden changes shock and consume vital force which will require some time to regain. It is a great error to keep the sick's room so cold that the patient must exhaust the little warmth it has in warming chill air.

During sleep the circulation is less active than during waking hours, the temperature of the body is lowered and the heart beats are less frequent, all of the activities of the vital processes sharing in the repose—*rest* given by sleep. A certain degree of heat is absolutely necessary for the continuance of the vital processes; it is far more congenial to preserve this degree of heat by keeping the atmosphere of the room at a temperature to preserve it than it is to have heavy and impermeable coverings placed over the body, thus keeping it warm entirely at its own expense, which with the lowered temperature of the atmosphere from the absence of its heat-producing factor, the sun, the expense to the body is exceedingly great, is exhausting. Hence the writer advises a fire in the sleeping room (the sick's room) regulated to produce and preserve the degree of

heat necessary for continuance of vital processes to go on. In addition to producing and preserving heat, the fire purifies the atmosphere of the room by burning up much of the effluvia given off from the body. For the same reason the writer advises to keep the sick in a room with a fire in it when the temperature of the atmosphere is sufficiently cold to require artificial heat. This, in addition to keeping the patient in best condition for recuperation during sleep, gives a temperature of atmosphere which is not destroying the patient by shocks from chill in attempting to perform the various duties necessary in caring for the patient, as baths, changing clothing, getting out of bed when necessary, which must be experienced in a room full of cold atmosphere.

Cold is death, warmth is life. Cold restrains the vital activities of the economy of the body. Cold water when first applied causes contraction of the capillaries by diminishing their circulation, hence a lowering of temperature results. Reaction may take place with a slight degree of benefit, provided the vital energies are not too near exhausted, which should they be, and which they too frequently are, as we expect to so find them more or less in all diseased conditions, there is no reaction, but instead greater depression and the patient must succumb, or at least is made worse instead of better.

Heat is an absolute necessity to promote the functional activities for growth, repair and development in the human body; deprived of heat, or lessened, in that relative proportion the activities decrease or are checked. Hot water properly applied does not raise the temperature above normal, but on the contrary it favors its return to normal, relieving congestion, favoring elimination of abnormalities, and promotes sedation, it quiets irritation, it gives rest. In hot water applications the system absorbs a portion of water at a temperature in har-

mony with itself, thus furnishing that fluidity necessary without expense of energies to the powers of the system.

That thirst in patients that cold water augments instead of satisfying, *hot* water allays, meets the needs of the system, and should in all such cases be given, but not entirely to the exclusion of cold water, however. The patient must be allowed sups of cold water, but under those great cravings for cold water which every cold sup that is taken seems to augment, the hot water should be given in frequent sups. A cup of hot water given in cases of obstinate vomiting has very frequently given relief when other remedies have failed.

In urinary troubles and bowel troubles of any age, the hot water sitz-bath and foot bath, is of *prime* importance. It gives a benefit which cannot be obtained from medicine. It may be given once a day to every second or third day.

In any and all forms of sore throat, inflamed tonsils, inflamed uvula, and croup and diphtheria, hot water as hot as can possibly be borne, reduces inflammation and swelling more kindly than any other remedy in *materia medica*, and its sedative effect in these cases permeates every fiber of the being. It may be used in all of these conditions by supping it, by applications, by injections per rectum, and sitz-baths.

A teacupful, or half a cupful, drunk half an hour before eating, if you can do so, places the stomach in a more favorable condition for digesting foods—by relieving irritations and stimulating normal gastric secretions.

Hot water supped and drunk in hay fever and asthma, relieves and disperses irritation, and that “smothering choking” sensation, better and safer than any other known remedy.

In all cases where I have spoken of *hot water*, I mean *hot* as can be borne, and in all local applications, it must be kept in the same condition while being used, as in baths or

otherwise. And, in all cases of any local application of hot water, the greatest care must be observed not to expose the body or parts to cool or cold air in administering them, or removing the subject or part from the bath or application. The air in the room should be made sufficiently warm to prevent a suggestion of chilling.

Hot water applied to the part affected is recommended to relieve poison from poison ivy, also, from poison from sumac. It is cheap, and can do no harm to try it. A great many people go to a doctor to get done for them what they are too lazy to do themselves, and then expect the doctor to wait till the judgment day for his pay, when all debts are canceled.

In consumption the repairative function is not well performed, the primary cells fail to perfectly organize, revert into degeneracy and hence become effete material; the other parts not being renewed pass into degeneracy by limitation—having served their purpose, hence, waste is abnormal and excessive. This condition manifests in any and all parts of the body in these cases, no one part of the body suffering from this condition any more than any other part—every part of the body losing just as much as the lungs.

The recumbent position is more favorable to obtain rest than any other, not only for the sick but those who are in good health, as it favors the entire body partaking in the rest. It is estimated that the pulse of a healthy adult man, while standing, beats about seventy-four times per minute; while sitting, about seventy; and when he lies down, only about sixty-four; thus the heart partakes in the rest with the remainder of the body.

There can be no *one* position for the body to take during sleep that is better than any other position and adapted suitably to all, but the recumbent position. When the body is

placed in the recumbent position, if permitted to do so, it will take the position best suited to give its needed rest, no rules being needed to guide it; the position it will take being that which will give the best rest to the parts having been in greatest activity during the day.

Fat people are eaters, and lymphatic people are drinkers. In the fat people assimilation is augmented, and destruction of tissues is to some extent diminished, and elimination and excretion are deficient. In lymphatics the excess of water taken into the system filling in the spaces between the inter-cellular tissue by leakage, as in dropsy, should have been excreted through the kidneys and sweat channels. Fat people keep warm much more easily than lean people or lymphatic people. Lymphatic people are easily frozen. Fat people are sluggish, but when roused they are very repulsive. Leanness is preferable to either fat or lymphatic conditions of the body. Both the lymphatic and fat conditions represent a lower grade of vitality than the lean. Lean people are generally quick and agile, and are active thinkers; they are the real active workers, mental or manual, thus using the surplus materials, hence no surplus accumulates. "A lean horse for a long race." Indolence predisposes to corpulence, and its subjects are usually sluggish and morose. However, there may be places in life adapted to each, perhaps especially.

The influence of the air as a disease producing factor, has hypnotized many. It is one of those monstrosities, however, that has not been dissected, surgically operated upon, vaccinated for prevention of small pox, nor treated with rotten horse serum to cure its diphtheria. Those who have become tangled in the meshes of its mysteries, though looking very wise and possessing an exceedingly high-powered reasoning ability, conclude "it is so because it is so."

Exercise in the open air is one of nature's best methods of getting rid of the deleterious waste products of the body. It is a grave mistake to think that people can sit or loaf around idle with no wholesome occupation to employ the passing time and keep well, or keep good health. Wholesome occupation is an absolute necessity, and though this is true at all times of life at no time in life is this more truly the case than in advancing and advanced age. Continued throughout life it is an assurance of vigorous old age. Continue to keep the brain active. Rest means rust. Interesting occupation retains an equilibrium of the mental faculties in all periods of life, and very especially in age.

There are remedies, and remedies; they so far outnumber the different manifestations of disease that each manifestation has awaiting for its birth, hundreds and hundreds of remedies to do it honor. The pharmaceutical productive faculties beat the road sparrows. Many of these pharmaceutical make-ups might be very excellent if a good medicine was added, and one that could overcome the bad that constitutes many of them. The "new disease" inventor hustles, but pharmacists are a little ahead.

It was noted in the "black death" that ravaged Asia and Europe in the fourteenth century, that it was fatal to Christians, but that the Mohamedans, whose creed inculcated cleanliness and prohibited pork and strong drinks, were spared. It has also been stated that in the scourge of yellow fever that camps in the sunny South, that catholics, sanitariat, sisters of charity, vegetarians and tramps, enjoy a remarkable immunity from it, while the stuffed brewer, the corpulent landlord and the fat butcher boys went down like grass before a scythe.

Diphtheria is almost exclusively a disease of childhood, appearing in children of from two to twelve years old. It appears

chiefly among the lymphatic temperaments the vitality of whom offers but little resistance to disease. It appears more frequently among girls than among boys. This is due to the girls being confined more indoors than boys and take less exercise to rid the system of its detritus. To this exercise in outdoor air is due the comparative immunity of the boot-blacks, the news-boys, and the street children; the comparative immunity of these children from its attacks is due to the muscular exercise in their knocking, jostling and scampering about, working off, eliminating, or burning up the debris of their bodily economy, and it is not retained as a disease-producing factor, a blood-poison. Diphtheria is due to filth and sewer gas within the body, and not to that under the ground and outside of the body.

Watch your own body and learn to *keep* well. Watch your growing children, and as soon as they can talk teach them to help do the watching of their own body. Think of your body as being made of perishable materials, that it is constantly dying and must constantly be renewed. You can behold in a machine that every fibre of its material substance perishes by limitation of its power of endurance; that the running or action of the machine, by wear, shortens the natural limitation, and that by undue pressure or friction, parts are wearing away, unevenly as compared to the whole machine; added to this the various other causes, as undue exposures to the inclemencies, the destructive influences of the elements and the improper handlings all combine to shorten the natural limitation of its power of endurance, and also to lend a disturbed condition to the time it is permitted to exist as a machine. For a while a new piece may replace one that has so far lost its power of endurance that it no longer serves the purpose of a part necessary to a complete machine. But repairs are not so performed

in the human economy. Its worn-out substances must be removed through special outlets—the bowels, kidneys, sweat channels that open out on the skin, and by the lungs; and the repair material is supplied in food, properly digested and carried to every part in need of repair by the circulation. The scavenger work (removal of useless materials) is just as essential as the repair supply, and every one can accustom themselves to see that the scavenger work is done daily.

The pulse in health is supposed to beat about seventy-five times per minute in adults, and in infants more than a hundred times per minute, in old age less than seventy-five times per minute. But this varies considerably in different individuals of the same age and, too, when health in either case is normal.

The quantity of blood in different individuals varies, the size and habits of the person modifying the quantity, also the quality. It is estimated that an adult of medium size has from twenty-five to thirty-five pounds.

CARE OF THE SICK.

One of the first things to bear in mind in regard to the care of the sick and the cure of the ailments is that it takes time to cure disease and repair injuries of any kind, time, determination, patience, watchfulness, care and much attention to eating and habits.

The human family is endowed by its Creator to be capable of living and maintaining health in all climates of the globe, by proper habits and proper use of its powers.

In addition to time, patience and care, if you want to get well or your sick to get well prohibit the administration of opium and all narcotics, whiskey and wines. Under the influence of the above agents morbid conditions increase in severity, the morbid conditions existing becoming masked

instead of ameliorated. Stimulation is not strength, neither is it nutrition, but under stimulation exhaustion is much more rapid—the forces of the economy are more greatly drawn upon, and not being replenished or nourished are left the worse.

Some of the sick would get well in spite of anything and everything, but bad cases must have good care. Good conditions to the patient, giving every chance to get well are far more than half the necessity—are absolutely necessary to a cure. Therefore, a first urgent step is to place the patient in circumstances or situations most favorable to a cure. Each case presents the requirements necessary to its particular self, and the true therapist will not neglect this duty, will grasp the situation and metamorphose surrounding conditions to meet such requirement.

It is as properly the attending physician's duty to direct the management of the sick's room, as it is the physician's duty to portion out a few drops and powders. The physician should be so thoroughly familiar with every detail necessary to the perfect care and feeding of the sick, that he or she can elegantly perform every duty, should it be necessary. Every physician should possess a faultless knowledge of what and how to do in the care of the sick—under all circumstances and environments. Those who cannot do this should be barred from attempting to treat the sick, for herein is due the credit of at least ninety-two per cent of the cures that result, and a physician should not have credit for a cure that he never cured. There are exceedingly few physicians who could properly direct or nurse a sick person through to recovery, or that have any better knowledge or judgment of properly feeding the sick than the lay people.

Think for one moment of a physician ordering a typhoid fever patient fed half of a teacupful to a teacupful of food every thirty minutes, and alternating three or four different kinds of foods. It is needless to ask what became of the patient.

The captain who manages a ship in a storm is only able to do so by being practically acquainted with every rope, spar and sail in the vessel, and if necessity demanded and his physical strength permitted, he could perform every duty himself, and the physician who can not enter the sick's chamber with the same degree of knowledge and executive ability should be forced to go to some other occupation.

The medicines administered to the sick play a far less part in restoring the afflicted to recovery than is generally supposed. Nursing and rest play the leading role, and are of so paramount importance as to demand the highest consideration. If a practitioner considers this below his "professional dignity," let him enter the ranks of some other vocation not embodying duties below his "professional dignity." No physician can excuse the neglect of duty on the plea that he is "professionally busy." Every physician owes time for duty to every case to which he or she is called. The writer knows of no small number of practitioners who would be at sea without a compass, in the treatment of the sick, were it not for a number of "old women" in their territory who are really treating the sick and effecting the cures.

That so many diseases are the result of *dirt-filth* is a harp-string played on by many physicians, who do not permit a case to whom they are called to escape the hearing of his incongruous music, and under fear of being slashed with this shillalah, if some of *God's soil* should meet the physician's eye, undue washings and wetting up of surroundings have ushered thousands into untimely graves. And these filth-harpists,

though clamoring for external cleansings, either do not know or from design carefully keep hid the fact that it is the *dead within* the body that is really doing the mischief.

While it must be admitted that an undue amount of outward dirt may cause disease, yet *God's pure soil* is a *neutralizer*, a disinfectant to which none other is equal, and thus to a great degree, to a degree not equaled by any other thing known, is *antiseptic*, instead of disease-producing.

The well fed, well clothed child may wallow in dirt all day and will escape the "scourge of sickness" and in addition will come out with a well developed body and clear mind, while the ill fed, constantly washed child will be caught in the "epidemic storm."

The external cleanliness is essential to a degree, is pleasing to view, and comely to associate with, but the *internal cleanliness* is of far greater importance—so great is this importance that it engages both body and mind. A well nourished, well clothed body with its sewers kept well cleansed, possesses an astonishing power of resistance to offensiveness with which many persons must come in contact in the various positions in which many are unavoidably placed.

The air in the sick's room should be rendered pure, not by loading it with the various poisons, as carbolic acid, etc., as is so frequently done, and which is more dangerous by far than the effluvia sought to get rid of, and which is simply attempting to cover one filthy stink with a more poisonous stink, the two uniting forming a most detestible and highly dangerous stuff. By removing offensiveness from the room and passing a current of air through the room once or twice a day, or continuous if the atmosphere is not too cold or damp, renders the condition of the atmosphere in the sick's room not only quite agreeable, but surely health promoting.

An additional cover should be placed over the patient while the room is being aired, to prevent undue chilling. For deodorizing and for medicinal effect, see disinfectants elsewhere in this book.

Every room that the sick must occupy, must be prepared with conveniences to permit of there being a fire in the room or means for artificial heat, when it is needed. No matter what season of the year the sick may be confined to the bed or room when the damp and cloudy days appear there should be some fire in the room, especially evenings and mornings, and if the patient must be in and out of the bed, there should be fire in the room all night during cold weather. The fire should not be sufficient to produce undue heat, but sufficient to modify undue moisture and chill.

It is a grave mistake to attempt to properly care for the sick in a cold room. It cannot be done, and it is simply nonsense to presume that it can be. In all conditions of disease the degree of heat necessary for vital processes to go on is wanting.

The heat, or fever so called, that presents in sickness is due to excessive degeneration, and is not the natural heat necessary for vital processes to go on, and keeping the surrounding atmosphere so cold that the body must consume itself supplying warmth for making the surrounding atmosphere bearable, increases degeneracy—is consuming the patient. It will be found profitable to observe these precautions.

ARTICLES OF UTILITY IN CARING FOR THE SICK.

Every family and every individual is likely to be sick sometime, hence, every home should be provided with some utilities with which to properly care for the sick and ailing. Ailments and sicknesses visit at sometime, every family, and are often

very early callers. They make frequent visits in some homes, and as sicknesses are great leaks in the financial, intellectual and comfortable economy of the family, it is wise to have some material for stopping these leaks, for even a small leak may sink a great vessel. There are many things as necessary to have at hand in caring for the sick, as any articles in the household furnishings; therefore every family should supply themselves with utilities with which to care for their sick.

Every family should have a sitz and a foot bath tub, and a vapor bath cabinet; a family syringe should be in every home; a bed pan, and from one to three hot water bottles, the flannel covered rubber ones being the best adapted for general use. There should be a Lenox atomizer and fumigator spray, for dispensing deodorizants in the sick room, and about the bed draperies or linens. There should be a folding tray for the patient's convenient use when able to partake of foods, yet not able to appear at table, a tongue depressor for enabling to inspect children's throats, that treatment may be directed to any exhibiting disturbance, thus preventing progress of disease beyond the hope of recovery or cure. Also a graduate, and a drachm measure spoon for measuring medicines, and an invalids's cup for administering drinks.

There are numerous and various other articles of utility value in caring for the sick, but the above are those most commonly needed in families.

Blankets form a more desirable bed furnishing than either quilts or comforters. Blankets retain a greater degree of warmth and much less weight than quilts or comforters, especially the latter. They adjust about the sleeper much more agreeably than either of the former articles, being more pliable and softer which lends much in their favor. Also, they are much more easily laundered. They are manufactured in various

weights, in both wool and cotton, making them adaptable to any season of the year. They can be obtained at various prices, so in that respect may suit all purses.

Mattresses made in the usual way form a most miserable article to either sleep or rest on, from the hard nodulated surface. A thick woolen or cotton mat fitted over the top of the mattress lends much improvement, wool being preferable to cotton, as it does not pack so hard as cotton, and will lighten up in laundering. These mats may be prepared by placing wool or cotton between coverings and *quilting* them in the old-fashioned fan design, permitting about three inches space between lines. This mode of preparing them prevents the wool or cotton from lumping, or pulling apart, better than any other method. The covers of the wool or cotton in preparing them may be of shaker flannel, cheese cloth, or such fabric as may be desired. Proper care exercised in making these mats makes them a means of comfort.

Quilted nursery cloths are exceedingly necessary accessories in bed furnishings, especially the furnishings of children's beds and beds for the sick, and yet more especially for the bed of the parturient woman. For purposes of cleanliness protectors must be used to prevent soilings of the bed and other furnishings, which soilings are likely to happen with the neatest disposed children and with the best regulations in caring for the sick.

Quilted nursery cloth may be obtained at any first class furnishing house and is found in widths thirty-six and fifty-four inches, thus meeting any requirements necessary. That of the fifty-four inches serves as a protector for the entire top of the mattress, and from the thirty-six inch width may be cut protectors of any size desired. This fabric being quilted remains

shapely and may be cleansed by washing any number of times and yet remain serviceable.

Protectors that *absorb* are the only serviceable means of neatly preventing a general soiling of the bed furnishings, in cases of exposure. While oilcloth may sometimes prevent moistures from penetrating *down through* the bed meshes, it does what is worse, not being a means to *absorb*, thus confining them, permits them to spread out in any direction and anywhere. The cost per yard of nursery cloth ranges from forty cents to seventy-five cents usually. It may be prepared at home an item cheaper, where cheapness is a necessity, and will serve the same goodly purpose.

Cheese cloth for the covering of the wool or cotton, serves quite well, and for those requiring greater width, the very lightest weight of seamless sheeting for coverings, and which will cost less, perhaps, than the cheese cloth, may be used. The sheeting can be cut the width necessary from the length of the sheeting, and the width of the sheeting will give the length necessary, the nine quarter width serving the purpose. Sheets that have done service as sheets may be utilized as coverings for the wool or cotton in producing these protectors. Also, there are many other accumulated pieces that have done service in their original purposes that if washed thoroughly clean will do good time service in this use. Being quilted they will remain shapely, though the covering material may be quite frail of itself. If they are quilted in the fan shape designs, about three inches space between the lines, the quilting being done by hand needle, they remain soft and more shapely than by any other method. Various sizes of protectors are required, especially for the parturient bed and infant.

For protecting the bed of the parturient woman, there are necessary three protecting sheets, of size sufficient to entirely cover the mattress, fitting well over the sides and ends. They may be made as above described. If the handling of the patient is carefully done, these protecting sheets need not become soiled, and in such case they need not be changed more frequently than every third day.

The additional protectors, which may be removed and replaced so frequently as necessary from soilings, must be one yard square. Three pounds of wool or cotton are necessary for each of these protectors. This size quilted may be conveniently laundered many times. One half a dozen this size is necessary. At least one of these may be made of the least expensive covering, and this one placed next the patient during labor and removed with the wastages and all burned together.

And in addition to the above, half a dozen made three-quarters of a yard long, and two-thirds of a yard wide, are necessary. Each of these require two pounds of wool or cotton. In addition to these being placed under the patient as needed, one serves for placing the new babe upon when receiving its first wash, and this one should be ready placed within the shawl within which the babe is wrapped immediately after the cord is cut.

There are necessary three dozen protectors five inches wide by sixteen inches long. These are for placing immediately over the exit of the discharges in these cases, and confined in place by means of the Victoria Protector. This should be found for sale at any house furnishing such articles or at a drug store. (There is no classified house especially carrying these articles.) If the Victoria Protector can not be had, these mats or protectors must be confined in place by a napkin or some other

means. The patient thus dressed may move or turn in the bed without being soiled or scattering soilings, which is certainly commendable and cleanly. These protectors or absorbents should be burned after having been used, as the task of washing such articles should not be required of any one.

Old newspapers, several thicknesses, placed immediately beneath the mat that is next to the patient, serve a goodly purpose in absorbing wastes, and are a matter of economy where economy is a necessity, and these should be burned also.

For those who desire, and are financially able to provide it, there are maternity outfits found for sale, ready for use. These usually have many of the articles of convenience for these needs in the collections. They are usually for sale at drug stores.

DEODORIZANTS.—DISINFECTANTS.

The best and safest disinfectant and deodorizer is cleanliness. Substances, as far as can be done, that are obnoxious, should be removed, rubbishes and wastes burned. Affected parts, as wounds, injuries, sores, etc., should be kept clean. The sewers of the body should be kept clean, as well as surroundings outside, as the inside filths are the dangerous filths.

Next to the above the writer places sulphur and turpentine as the best disinfectants.

Sulphur should be burned at least once a week in dwellings, cellars, offices, church buildings, school rooms, and all buildings where there are large numbers of persons congregated together and remaining for several hours; especially should this be done during the sickly seasons. It would not be much amiss to treat at least some parlors with this kind of purifier.

One ounce of spirits of turpentine added to one-third of a teacupful of sulphur placed in an iron vessel, ignited and permitted to burn, forms an excellent purifier for rooms that are

occupied by the sick, or as sleeping rooms. This quantity is sufficient for a room fifteen by fifteen by nine feet in dimensions.

Two ounces of spirits of turpentine added to a gallon of water and slushed about cesspools and obnoxious places is an admirable disinfectant to such places.

Take half a drachm of nitrite lead, dissolve it in a pint of boiling water, then add it to two drachms of common salt dissolved in eight or ten quarts of water. This preparation permitted to settle, the clear liquid which results, with two ounces of spirits of turpentine added, also forms an excellent deodorizant.

A tablespoonful of this liquid added to half a gallon of water used for rinsing utensils in the sick's chamber to which offensive odors cling, as bed-pans, etc., disperses the odors. A towel wet with the solution and hung in the room also disperses unpleasant odors. This solution thrown in privy vaults, drains, over obnoxious wastes, over decaying or offensive objects, or faulty places, smothers and disperses the loud odors. This solution was recommended by the eminent professor, John M. Scudder, M. D. It is called chloride of lime, without the addition of turpentine, this addition being my own. The chloride of lime is for sale in any drug store.

Lime water may also be used for dispersing odors from the various uncomely places which emit undesirable odors.

Much of the unavoidable odors which arise in the sick's room may be dispersed by an open window or door.

Oil of wintergreen, one ounce, added to eight ounces of water, is an elegant odor disperser. An ounce of this preparation sprayed or sprinkled about the bed dressings, the utensils and room once or twice a day, places the atmosphere of the sick's room in an agreeable condition, in any and all conditions of sickness and especially the parturient's room. Shake

the bottle well which contains the mixture before pouring out that you dispose to use. This is certainly a boon to the parturient bed.

A teaspoonful of borax added to a gallon of water used for rinsing all toilet utensils in the sick's room adds an additional purity, after they have been well cleansed with water and plenty of soap. The water containing borax is also valuable for rinsing the hands after handling the sick and articles about them.

Roasted and ground coffee, one-half a teacupful, and camphor gum, one-fourth of an ounce, burned together in the sick's room, dispels offensive odors and leaves a pleasant and refreshing aroma.

For cleansing offensive sores, cleanse first with castile soap and hot water, then rinse with warm water to half a pint of which has been added ten drops of each of spirits of camphor and turpentine and one-half an ounce of glycerine. This checks suppuration and favors healing. Also, water, ten parts, and tincture of benzoin, one part, mixed, is a very healing rinsing for sores, boils, etc.

In all cases of sickness, whether from wounds, fever, or whether a parturient patient, or the sore throat that is called diphtheria, or any sickness of whatever type, when there manifests a stinking or corpsy odor, the following should be given: Add chlorate of potassa, a teaspoonful to a glassful of water. A teaspoonful of the mixture is a dose for an adult, and may be given in the above conditions, every four or six hours, the first twenty-four hours; then about once a day for three or four days, is usually sufficient. Give to children in proportion to age.

FOODS FOR, AND FEEDING THE SICK.

The proper nourishing and supporting of the patient is the perplexing question in the care of the sick, and those who can offer nourishment to patients in suitable form, embodying the necessary requirements containing the most nutrition in the smallest bulk and exhibiting an attractive appearance, thus avoiding repulsion, are masters of a fine art.

Though foods are taken into the stomach in solid form, they must become liquified before they can be assimilated. But this does not prove the conclusion that liquid foods are more acceptable or permissible. In fact, however nutritious a fluid may be, by a prolonged use of it, it becomes repulsive to the patient and is rejected.

In sicknesses there are greater or less losses, and we are at a great disadvantage as regards the ability of the system to assimilate foods, to replace these losses, and this necessitates a degree of careful experiments *in all cases*; while experience is something of a guide, yet that perfection of discrimination is never reached that places us where we can claim a positiveness for all cases, or for any cases. In all cases of enfeeblement, in direct proportion to this feeblement, the saliva, the gastric juice, the pancreatic fluid and the bile, are less efficient in action, or diminished in amount.

The stomach is sensitive, due in part to the increased sensitiveness of the nervous system. Hence, great caution must be observed both in the kind and quantity of food given, also, in the time of giving it. It is a grave mistake to urge a patient to partake of foods when the fevers are at their highest temperature; the system at this time is so engaged in its general disturbances as to divert its energies from the function of digestion, and foods taken at such periods are harmful rather than helpful. The periods of the intermissions of the

fever are the best time to exhibit food to the sick for best results. If this does not come but once in twenty-four hours, that is often enough under the existing conditions to give or offer food.

Foods and medicines should never be mixed, neither must they be administered very near together; such is two-fold objectionable, all round. First, by the stomach being over-loaded with foods prevents a sensibly marked effect from the medicine, and from the repulsiveness of medicine the attention of the energies of the digestive function is diverted, and neither effects good results.

Thousands of fallacies have been and are continually being propagated and promulgated under cover of chemical analysis regarding foods. The chemist subjects substances to analysis, and boldly claims a sufficiency or deficiency of important or essential elements, and thus condemns products that have been and are continually successfully used as food, and also approves of articles which have continually proved unfit for food. Liebig's assertion regarding eggs, while it has been called an "error," the writer calls an assertion with a special motive, much like the showman who is trying to convince everybody that at his show is the "only place to get the worth of your money back;" Leibig's assertion: "Eggs, though nutritious in some respects, cannot support life without the addition of other food containing phosphorus," proves untrue as can be evidenced by the most ordinary observer. Within the shell the chick finds every element to not only perfect and bring into existence the entire new being of itself, but to continue that being for some time after the exit into the world of its completed structure. After gathering to itself the materials for bone, feathers, and all the tissues belonging to its animal organization, the entire egg is not converted into this use when leaving

its shell habitation, the part *unconsumed* nourishing the chick for some time with no other foods.

A large portion of boasted scientific knowledge is simply shallow pretention, and pretty generally embodies a personal object of selfish motive. If we permit ourselves to be wholly guided by scientific scientists we dare not breathe air nor eat one bite of food that an all-wise God has placed in the world for nourishing our material structure, consequently all would perish—*scientifically*, perhaps—and soon there would be none left to mark our resting place or sing a last sad wail. Scientific foodation and scientific medication embody but little more reliable *fact* than the “old woman’s test” for distinguishing good indigo from the bad, which was to put the indigo in water and “it was good if it sank or swam, she had forgotten which.”

The intelligent guide for distinguishing what should be eaten is for every individual to watch his own peculiarities, and to discard those articles which produce in his own peculiar case unpleasant effects. A person who lives properly in his habits and has not vitiated his taste with unnatural stimulations and vile potions finds almost any foods wholesome.

Those who have vitiated their taste by vile potions, make improper selections of foods, and they may be easily singled out by noting their choosing those articles of high stimulation.

Highly seasoned foods, in addition to their own naturalness being marred and destroyed, produce an artificial appetite, and foods taken under such conditions are not properly digested, and the inevitable consequences are harmful; for when the stimulus which promoted the artificial appetite has subsided, the stomach returns to its original torpor, and the food decomposes and putrefies, thus becoming a disease producing factor instead of nutrition.

No one can diet a patient from a book or the chemical composition of food. The likes and dislikes of the patient must not be lost sight of. These within reasonable bounds especially in quantity, must be responded to. Taste, especially when it has not been vitiated, is a pretty correct guide to the needs of the system, and the surest one of all we have. A palatable amount of salt should be added to foods to which it is permissible. The tin canned goods, extracts of beef, cod-liver oil, and like stuffs are not permissible. The tin canned goods are probably poison and you do not want to experiment on any one to learn if they are not. The extracts of beef sold in the shops, and cod-liver oil, and like stuffs are simply *rot*—under the banner of science it is true, but they are simply *rot*, nevertheless.

The writer is of the opinion that animal food—animal flesh, is more disease producing than vegetables, increasing stimulation and tendency to inflammatory, scorbutic and other diseases. It is a visible fact that those individuals who partake sparingly of animal flesh food have a better appearance, more strength, are more plump and have firmer muscles, clearer skin free from disease, are more cheerful and conduct the pursuits of life more evenly and harmoniously than those who indulge grossly in animal foods, and highly seasoned foods.

When the body and mind are preserved in an even activity, the blood is ventilated and purified, and every fiber of the being is brought into the best condition for the proper enjoyment and use of life. The successful student, or mental worker, must indulge in bodily exercise, in muscular exercise and plenty of it, to sustain that equilibrium of body and mind necessary to ability, to studying and thinking, hence the student, or mental worker not only requires the highest nutrition but plenty of muscular exercise as well.

During vigorous mental work the engine is consuming, burning up, that something in the economy of our body which creates the force absolutely necessary to run the mental machine, and in proportion to the amount and rapidity of work performed are the demands for the materials, and this burning up leaves *ashes* or detritus, which must be eliminated and excreted, and muscular exercise favors the economy in doing this.

The child whose body requires material to promote increase of size, materials for repairs, and whose mentality is also clamoring for that supply of force for its expansion, requires a higher degree of nutrition than the adult. By this I do not mean that the stomach must be kept *crammed*. The stomach requires periods of rest, as surely as all other parts of our being, hence *plenty* of food must not be interpreted to mean gluttony. Many foods that are palatable contain but little substance of nutrition, much of its composition being excess of water or bulky fodder, containing but little of the requirements of the physical economy. Such food products in addition to imposing upon the system extra work to rid itself of these superfluities, unduly distend, distort and deform the physical body.

Eggs, breads from wheat flour and corn meal, oatmeal, butter, rice, peas, beans, sugar, bananas, honey, olive oil and linseed oil, properly prepared fruit jellies and sorghum molasses are among those food products containing smaller quantities of surplus material—in fact containing smaller quantities of surplus materials than most other foods of every day consumption, and the greatest quantity of nutrition.

Modes of preparing food have much about them to mar or make palatable, and also to lend an acceptable or repulsive appearance. There is a habit indulged in by some cooks of so mixing and mingling articles of food that the most expert

chemist could not by his strongest tests tell their originals and constituents, which, besides robbing foods of their natural flavor, which in most cases are their attractiveness, makes a repulsive, unsightly dish. The cook who can prepare an article of food and properly bring out the delicacy of its *self*, and not disguise it up, so that there is neither one nor the other nor nothing from both, has attained considerable degree of proficiency in the art of cooking.

MILK.

So much has been said and written on the subject of milk as an article of food for the sick and well, that it may seem superfluous to attempt to give any new light on the subject, but perhaps the facts the writer gives may be a valuable ray of light to some one.

Cows should be fed clean, wholesome food, supplied with plenty of clean water, should have a shady nook to retire to when they choose in heated weather, and should be cleanly housed in winter. They also, should have ample room to exercise. They should *never* be fed slops.

In the care of milk the animal heat should be removed from the milk immediately after it is taken from the udder, especially in warm weather. If left for the heat to disperse from the milk by the surrounding atmosphere in warm weather, before the milk is cool, decomposition has begun, and it is then unfit for food. To this fault is largely due the disagreement of milk with infants.

The animal heat is not injurious to the milk if we use it as food immediately from the udder—in fact this is the prime condition in which to feed it to the babies, and also for any one for that matter. If the animal heat is taken from the milk as soon as taken from the udder, and then placed in a cool place, it keeps wholesome for considerable time.

In addition to milk so readily decomposing from the animal heat, it readily absorbs undesirables when placed near them. This is readily observed by its being placed near coal oil, turpentine and onions, and these articles being tasted in the milk so exposed.

If the cows are healthy and kept as above directed and animal heat removed from the milk as above directed (or used immediately when taken from the udder), mixed milk, or the milk from several cows is as likely to agree with children as the milk from one cow. The writer has had a fair opportunity of pretty thoroughly testing this matter and making observations in the care of infants.

The method of taking milk is another important item. When a large quantity is swallowed, as the babe in taking it from a nursing bottle, and older persons drinking a large quantity as they would water, in a continuous flow, it is injurious in that it forms *one solid curded mass* in the stomach difficult for the digestive fluids to act upon. To this condition is due many of the convulsions in children that nurse the bottle or are permitted to *drink* the milk, the whole quantity forming a curded mass impossible for the digestive fluids to manage.

Milk should be supped, not drunk. By it being taken in sups, it permits of smaller curds, and of each to a degree, being treated to the gastric juice, and in quantities it is able to manage, or handle.

To say that every individual can use milk as a food with impunity is very misleading. The writer has met many adults as well as some infants who could not use it as a diet, even in small quantities, without unpleasant results. This was not due to the cows from which the milk was obtained being unhealthy, or their food, water or surroundings being impure,

or the milk being improperly handled or cared for. It was simply an evident fact that cow's milk is not suited to every power of digestion and assimilation.

Milk is without doubt highly nutritious—meeting the especial needs and demands of the infants for a *few weeks*, without other foods. But while it is admirably adapted to infants in the very early weeks of new life, yet it does not entirely meet the requirements of the system much beyond these few weeks. It is palatable to most people, is ready without much preparation, hence supplies a *make-shift* on many occasions. But however much has been said in evidence of its so thoroughly meeting the demands for nutrition, a person may fill the hopper-sack full to the fullness with milk, and there is a summons to refill it much sooner than would have been the case had it been filled with solid foods, or even had a little solid foods been sandwiched with it. Milk is an excellent relish, but its services are decidedly infantile, and much improved by the addition of solid foods in moderate quantities at least. The writer has noted quite a number of bad cases of cholera infantum where improvement immediately followed feeding baby bread and milk with a *spoon*, thus barring the doctor from more visits and further wrestling with science.

In addition to milk meeting the requirements of the system but a few weeks and that during very early infantile life, used as a diet alone, it is without doubt very taxing to the digestive energies, and a long continued use of it in many cases seems to break down or destroy these energies. As to who can and who can not use milk as a diet, can only be learned by testing, trying, and watching results.

MEATS.

Beef tea is almost entirely valueless as a nutrient, its chief value consisting in its possessing flavor, savory odor and water

—the hot water acting as a stimulant and the other qualities as a slight appetite-coaxer.

A preparation that is occasionally tolerated by some patients is made by cutting young fresh beef, free from fat, into small pieces, placing them in a glass jar, or large mouth bottle, adding a bit of salt and pepper, closing the jar or vessel tightly. It is then placed in a vessel containing cold water, placed over the fire and permitted to cook till it becomes palatable. It is then removed, the juice pressed from the meat, and seasoned with salt and pepper (more being added if necessary) to suit the taste of the patient.

Beef broiled quickly, not permitting it to burn, the juice pressed from it, and the juice suitably seasoned with salt and pepper, makes a relishable appetizer to some patients.

Fresh, young lean beef boiled till very tenderly cooked, then grated or very finely chopped, and a small portion of the liquid in which it was cooked added, and a little salt and pepper also added, pleases the appetite of some of the sick.

Of the meats, however, the writer prefers the domestic fowls and wild game, pork and fish.

No fried foods of any kind are permissible for the sick. In regard to roasting meats, much depends on how it is done. The usual way in which meats are roasted, the meat is as tough, dry and tasteless as an old saddle skirt, and really unfit for vigorous people to eat, and certainly not fit for the sick. A mode that leaves the meat juicy is to place the meat (or fowl) intended to be roasted in a vessel containing sufficient boiling water, and add salt to taste, close the vessel and permit the meat to boil till nearing quite done, then turn the meat and its liquid (which should be sufficient to prepare a gravy dressing) into the roasting pan and brown sufficiently.

Or, it may first be cooked well done as above and then browned quickly in the roasting pan.

OBSERVATIONS ON VEGETABLES.

There are many vegetables and fruits more nutritious than meats, and decidedly more healthful. The animal meats are largely detritus—worn out materials that have already served their purpose both as utility and nutrition in an animal economy, and cannot be very well made over in the human body, so as to be quite suitable for renewing *its* structure. The writer is of the opinion that to eating animal meats is due a large per cent. of the serious types of disease that affect the human body, and also the vicious dispositions many people possess, these being conditions due to blood-poison continually kept present, to a degree, in the system of meat eaters.

Among the vegetables, peas, rice, the various preparations from corn, rye, wheat, oats, and beans, supply the greatest amount of nutrition to a given quantity. Potatoes and lean beef do not contain but about one-fourth of the quantity of nutrition of any of the above.

Peas make a palatable and nutritious food, the albumen in them being considered equal in nutritive value to the albumen of eggs; the albumen in them is not coagulated by heat, and is easily digested. They should be thoroughly cooked. They may be used in soup, or as desired.

OBSERVATIONS ON FRUITS.

Of all the fruits, there is none that equals apples in value for keeping an equilibrium of healthy condition throughout the economy of the body.

Apples as a diet are admirably adapted to a range of several essential needs in the economy of the body. The acids of the apple are useful for persons whose liver is sluggish, and

persons of sedentary habits. It greatly aids in eliminating noxious matters from the system which if retained bring eruptions, jaundice and heavy brain. They have an effect, either cooked or raw, of neutralizing any excess of chalky matter that may be engendered from any cause, thus favoring pliability of body in age, and in addition they have a tendency to diminish the acidity of the stomach. Apples are tonic and somewhat alterative, also anti-periodic, and are very frequently of more benefit in intermittent fever than quinine, and the use of them leaves no gastralgia. When baked, stewed or roasted, they are an agreeable diet in all cases of fevers. Apples being moderately laxative, disperse constipation.

Grapes are nutritive, alterative and stimulating, and may be eaten freely before meals, in cases of debility, scrofula, gout, gravel, diseases of the liver, spleen and kidneys, and the well may eat them to keep well. Grapes contain the purest unfermented wine, which stimulates digestion and also nutrition.

Oranges are nutritious and can frequently be eaten by patients when the appetite refuses all other foods. Taken the first thing before breakfast it is a most excellent appetite persuader.

In conditions where the appetite is absent or feeble, the stomach unduly sensitive, the juice of fresh oranges, especially taken the first thing after awakening in the morning, serves a most kindly purpose in inducing the stomach to take food. It may be taken at any time, and freely, also by persons of any age, even children of four or five months old and over.

The free use of strawberries as a diet has been recommended in calculous disorders, in biliary calculi and urinary calculi, also in gout. The juice of the berry is said to dissolve hard concretions from the teeth. The strawberry, well matured and ripened, is nutritive, and forms a very great palate persuader,

especially when immersed in rich sweet cream flavored with sugar, and permitted to tarry in the refrigerator to gather a suggestion of coolness.

Blackberries, raspberries and dewberries are more of an astringent nature than strawberries, but this is overcome by the addition of cream and sugar. They are stimulating and nutritious, and when well matured and ripened may be eaten freely.

The banana is supposed to contain all of the nutritive elements necessary to sustain life, and that if necessary life will sustain on this fruit alone. It is also considered easily digested.

Peaches, cherries and the numerous other fruits, in addition to being palatable are helpful, eaten in reasonable quantities, when well matured and well ripened.

Watermelons, in addition to being nutritious, are a panacea for many urinary ailments. Feast on them at least once a year.

Tomatoes freely eaten at meals are an agreeable remedy for constipation and derangements of the liver; they induce normal condition of the liver, and stimulate the coats of the bowels, increasing a healthy peristaltic action, promoting daily evacuations unequalled by any physic. The free use of tomatoes as a diet is said to speedily cure the distressing sore mouth which sometimes annoys nursing mothers.

DRINKS FOR THE SICK.

Boiled water, hot as can be supped, is of value in enfeebled conditions of the digestive tract. It may be indulged in during any form of sickness, and at any time day or night. It will not interfere with medicines that are being given. It may be given without adding anything else, or a little sweet cream may be added.

To a patient who is irritable, restless, nervous, sleepless, hypochondriacal or hysterical, of either sex or any age, especially in the above enfeebled conditions, hot water given, two or three large sups, every fifteen or thirty minutes, for one or two hours, if relief is not obtained before that time, is followed by marvelously beneficial results. In irritated conditions of the stomach associated with feeble digestion and cough, it favors digestion and relieves cough.

It will stop vomiting and wonderfully restore tone to the alimentary canal. A cupful of hot water taken the first thing before breakfast favors a good beginning of the day; the same amount taken just before retiring at night, insures a good night's rest to either sick or well of both sexes. It is an excellent application over the shoulders, chest and throat in laryngitis, pharyngitis, catarrh, enlarged tonsils, and in diphtheria it is an exceedingly soothing gargle, greatly aids in allaying inflammations and reducing swellings.

Boiling water poured on very brown toast makes a palatable drink acceptable to many delicate appetites. It has no objectionable feature, having neither acidity, sweetness nor greasiness, all of which are frequently objectionable. Prepared as above it is admissible at any time the patient may desire it.

Water is of prime importance to the sick, and should not be denied at suitable temperature. The patient should not be expected to ask for water, but it should be offered. The patient may be too young, too delirious, or too ill to ask, and should not be neglected on that account. When we must consider that in an individual weighing one hundred and sixty pounds, that usually about two-thirds of that weight consists of water, the need of water may be seen.

The patient need not be flooded, but water should be given in reason. Cool water is always permissible to persons of any age, even very young infants requiring it also. If the desire for water is uncontrollable to an injurious degree, give frequent sups of water as hot as can be supped without burning; this overcomes thirst and is beneficial to the patient throughout the body, but especially to the alimentary tract.

A sponge or woolen cloth wrung from water as hot as can be borne, and the surface of the body sponged over with it, is a great alleviator of intense thirst, also of nervousness and a deal of distress.

TEA.

Tea made from any of the good brands of tea used for drink at meals, made moderately strong, is a valuable drink in any type of sickness. Drank freely while it is hot, it has a valuable sedative effect in dispersing the nausea and weakness following the action of cathartic remedies. It should be given the first thing following this action.

The healthfulness of tea-drinking is manifest in that it lessens bodily wastes and promotes digestion. In tea-drinking there is no habit acquired which enslaves and morally degrades the participant. An excessive and prolonged indulgence may produce a slight nervousness or even an appreciable tremor, but this disperses quickly and the tea-drinker is not the worse for the affection, neither morally nor physically.

A generous indulgence of tea-drinking by individuals of sluggish mould is bettered very much mentally by its gentle stimulating effects. It is a known fact that some of the best literary productions have been put in readable form while the writer was under the influence of liberal potations of tea. It quickens circulation and respiration, a more rapid flow of ideas,

a more voluble tongue, and though somnolence may follow its use for a few hours, there is no sense of depression or exhaustion. It is not attended with a desire to drink more, as is the case with alcoholic drinks, or beverages.

In addition to the tea used as a daily drink, pennyroyal tea, catnip tea, mint tea made from spearmint, peppermint or horsemint, also elder flower tea, are exceedingly beneficial in all cases of fevers, colds, sore throat and lung affections. And if you have colic, wood-soot tea is just as good now as when the "old women" swept soot from the chimneys thirty-five and forty-five years ago. In fact it seems to have improved with age, notwithstanding the "old women" were constantly hoodooed for using it those days for "baby's bellyache," and for awhile it remained up the chimney, but science turned her crank, and forth comes the wood-soot and in its new dignity it forms an elegant powder for relieving the "bellyaches" of the bigger babies also. It incorporates "elegantly" with a variety of pabulums. It is not yet a cream balm but just a "pomade" and it will "cure eczema." When the "old women" were using it they generally called it "soot and-lard," and applied it to "sores on the heads," "sores around the ears," and to "burns." Soot tea will relieve flatulency, and if sufficient is taken, will cure. It may be made by pouring boiling water, half of a pint, over two tablespoonfuls of the soot (wood-soot). About one-third of this is a dose for an adult. For small children a smaller dose according to age.

COFFEE.

Coffee when roasted acquires a bitterness of taste and a peculiar, yet agreeable odor which it did not before possess. Roasted, ground, added to boiling water and permitted to boil three to five minutes, it forms an agreeable beverage pos-

sessing many valuable properties. A moderate use of it is valuable to many people.

It is attributed to contain sugar, fat, acid, caffeine and caseine, it is therefore stimulating, refreshing, and nutritious. It promotes digestion, aids in assimilation, checks waste and decomposition, quickens circulation and respiration. The laborer who is supplied with insufficient foods, finds relief from hunger for a time, from a drink of coffee. This is due to its nutritive property, and its influence in checking waste to some degree. It is also very stimulating. But continuing such use of it as the above, namely, making it serve both as food and drink, not supplying sufficient nutrition the system must consume itself from which extreme exhaustion ensues.

Its influence in checking waste makes it valuable in some cases of atony, especially where there continues an undue flaccidity of the tissues accompanied by cold moisture; this condition is met in typhoid fever, and cholera infantum cases. Its antiseptic properties are supposed to be due to its empyromatic oil developed by roasting. It is valuable in tiding over nervousness in emergencies. It is a most excellent heat generator and strength preserver, and for this reason it is valuable as a drink before venturing out in exposures to cold; also in many other conditions of exposure conducive of depression, as the depressing influence of heat, exhausting marches, prolonged labor, etc. It is a deodorizer and destroys the effluvia from decomposing animal and vegetable matters. An infusion is an effective wash for the teeth, preserving them from decay, if daily used. It promotes secretion, as has been many times evidenced by free perspiration following its administration. It sometimes acts as a cathartic, even to the extent of producing biliary excretions. It has been reputed by eminent authority to be a specific prevention from gravel, gout, and rheumatism;

it is also valuable in the general economy of the human system in conserving strength and preventing break-downs, as in cholera infantum, typhoid fever, and prolonged exhausting causes.

While coffee has so many valuable properties and such wide usefulness, like many other valuable things, to some it is valuable to others positively injurious. Injudiciously and excessively used it *produces* nervousness, debility, sleeplessness, constipation, headache, and many other annoyances in many cases. Improper indulgence in drinking coffee, in some cases, produces symptoms very like alcoholic drinks, being first followed by excitement, then prostration, sadness, and exhaustion of physical and moral forces. It does not affect all alike. In some cases it renders the brain more active, and a brilliancy of ideas and fluent flow of language follow its use, but this is always followed by prostration in greater or less degree.

Persons engaged in vigorous muscular exercise or labor, can use it as a common beverage more freely than those who are not; to the last named class it is hardly adapted to their needs as a daily beverage.

OTHER USEFUL DRINKS.

Catnip tea is useful for both infant and adult. Drank hot and freely, it produces perspiration. To some extent it is anti-flatulent. It is valuable in both colds and fevers. The adult may drink it without sugar, if preferred. For baby, add sugar to make it palatable. When baby is rolling with colic, make a sufficiently strong tea, sweeten to palatableness, and to a teaspoonful of the tea, add one drop of alcohol, and give to a babe two months old. It usually soothes to quiet rest without a second dose. Not more than three such doses should be given in any one day, (that is, with alcohol in it, without alcohol it may be given freely), and not repeated many days

in succession. When a second dose is necessary, it may be given in half an hour after the first.

Ginger tea is valuable in attacks of fever, cold, and in many irritated and painful conditions of the stomach and bowels in persons of any age. A teaspoonful of the powder to a pint of boiling water makes sufficient strength, the size dose made suitable to the age. A fourth of a teaspoonful may be given to a child two months old, and repeated in an hour if necessary.

Pennyroyal tea is stimulant and diaphoretic, useful in fevers and colds. Drank hot and freely till free perspiration is produced, aided by a hot foot bath, favored by wrapping in blankets to promote sweating and prevent chilling, it has not only greatly lessened the severity of fevers and colds, but in some instances has dispersed them. In cases where the lochial discharge has stopped too soon, drinking freely of hot pennyroyal tea usually establishes it again.

Sage tea hot is also beneficial for the same purpose. It also removes flatulence due to the debility of the stomach. Drunk cold it has cured some cases of the night sweats.

Peppermint tea is a stomachic, beneficial in flatulence, nausea and cramps in the stomach.

Capsicum tea mild (an even teaspoonful of the powder to a quart of boiling water), one-fourth of a teaspoonful of the tea given in syrup three times a day, in cases of typhoid fever, greatly aids in allaying the inflammation of the bowels which more or less accompanies that affliction. It also promotes digestion. Given to "old soakers" with the same frequency, it greatly aids in dispersing delirium tremens and favors return to sobriety. And if continued for a few weeks it will disperse his desire for the *strong liquor*.

Spearmint tea may be drunk during almost any fevers, but it is especially beneficial given to those cases troubled with pin worms. In cases of pin worms it may be drunk, and a pint or quart used as an injection per rectum with benefit.

Lemonade made by combining juice of lemon, water and sugar to a degree of palatableness forms a cooling drink in fevers.

Cream of tartar, one teaspoonful to a pint of water, makes a refrigerating drink in fevers. It is said that this preparation supped five or six times a day will cure small pox and leave no scars. Also that it will prevent the small pox, both of which is doubtless true, as it promotes elimination and excretion by the way of the kidneys, thus scavenging, cleaning out the system, which is the thing needed in both the prevention and cure of small pox.

Calamus root tea, the little baby's tea and the big baby's tea, relieves both alike from colic and nervousness accompanying it when there is "wind on the stomach." Make a tea sufficiently strong to possess a strong bitterness, sweeten to be palatable, and for baby add sulphur the size of a pea to a teaspoonful of the tea. From one to two teaspoonfuls may be given a babe twelve or fifteen days old. This amount is usually sufficient. Older babies in proportion to age.

Slippery elm bark tea, made by pouring boiling water on the inner bark of the slippery elm, and permitting to cool or get cold, forms a soothing drink in all forms of derangements of mucous surfaces, as inflammation of the lungs, throat, stomach, bowels or kidneys. It may be drunk freely. If the bowels are constipated, the above method of preparing is the best, but if there is disposition to too free alvine dejections, boil the elm bark in the water till well cooked, drain off the water and let cool, or get cold as preferred by the patient. In throat

troubles it is best to sup it hot. The ground meal, well cooked, and a little cream or milk added, is nutritious, and serves a wholesome purpose for infants suffering from bowel trouble, especially in cholera infantum. It is easily digested. It is fattening.

Hard cider, that sparkles in the glass, is an excellent acid stimulant and antiseptic for typhoid fever cases, acting kindly, meeting the requirements better than lemon or iron, or any other acid.

Buttermilk is very kindly received by many of these cases, and with much benefit.

Toast tea is accepted by many patients whose appetite refuses all else; the toast being browned to the verge of being burned, and boiling water poured over it and served as hot as it can be supped, suits the largest number of cases. In many cases it serves a better purpose in coaxing back a lost appetite than medicine, and it also gives tone to the stomach.

Mild new ale is said to be valuable for typhoid fever patients or those patients in very feeble conditions, as it abounds in undecomposed sugar, making it more nutritious and less alcoholic than the thoroughly fermented. I have not used it.

The whortle berry is said to contain a large proportion of quinine identical with that obtained from peruvian bark.

Oat meal made into a cake by the addition of water sufficient, baked, broken up, and browned as brown as roasted coffee, and made into a coffee-like infusion, will allay nausea and vomiting in irritating conditions of the stomach; it is also nutritious. This added to water when frequent changes in location are necessary, obviates much of the annoyances consequent upon frequent changes.

Fresh sweet milk, permitted to heat sufficiently to just boil up, a small pinch of black pepper and salt added, and supped as hot as possibly can be not to burn, is almost a specific in allaying irritations and checking unduly frequent alvine discharges in dysentery, diarrhea, cholera infantum in its early stages, and stomach-ache. A cup of hot milk is an excellent restorative from fatigue and exhaustion.

Egg cordial. Beat the white of an egg till near a stiff froth, add two tablespoonfuls of sweet thick cream, one of brandy, and a teaspoonful of sugar, beat again for five minutes and serve. This is nutritious, and is tolerated by many patients.

PART SEVENTH.

REMEDIES.—SINGLE REMEDIES.

[In this division some attention is given to single remedies, briefly giving some of their properties and uses. The writer will add the officinal name to a few of the single remedies, which name will be placed in italics.]

ACONITE.

Tincture of aconite is given to lessen the degree of fever of almost all types, and is given to all ages. It is a reliable assistant for this purpose, increasing the activity of the sweat glands, thus favoring elimination of morbid matters, and thus allays irritation, influences circulation, and lessens increase of heat, or production of heat. It acts kindly in all cases of irritation of mucous surface, whether ulcerating tonsils, mucous or membranous croup, or of the lungs or pleura, lessening its severity and shortening its duration. If given the first two or three days of an attack of cold it will cut short the attack. In many of the febrile attacks of children, if given for three or four days, it disperses many disturbances that might assume more serious aspect.

Five drops of the tincture added to four ounces of water, and a teaspoonful of the mixture given every hour, or every two

or three hours, according to severity of fever or cold, is the mode of mixing and giving it.

In the distressing pain in pneumonia, tincture of aconite, five drops, and tincture of bryonia, five drops, added to four ounces of water, and a teaspoonful of the mixture given every one or two hours relieves the severe pains and the deep-seated soreness. When fever has disappeared the medicine must be discontinued.

ALCOHOL.

Alcohol in medicine is used in making tinctures, and in that respect can not very well be used in families. It may be used in administering vapor baths, and occasionally a little is added to baths, though rarely. It may sometimes be advantageously added to the bath in severe cases of fevers. As alcohol evaporates rapidly, instead of adding it to the general bath, four drachms may be added to a pint of water, and the body sponged over the surface with this after a bath for cleanliness has been administered. This quantity for an adult, and once a day is sufficiently frequent. This application must be begun at the face and hands, bathing downward.

ALLSPICE.

Allspice has had but little range of use in curing ailments. The tea gives relief in some conditions of flatulency. Combined with cinnamon, cloves, ginger, and a small pinch of capsicum, all mixed and moistened with warm water, thus making a poultice, it has been used in some painful conditions of the bowels. It must be applied all over the abdomen, very hot.

ALUM.

Alum is an old domestic remedy, a solution having been used as a gargle in sore throat, and the powder has been given

in molasses in conditions of croup, with some good results. Burnt alum, prepared by placing alum on a heated surface and permitting it to remain till dry, was used to remove proud flesh. I think it is rarely so used at present.

AMERICAN SENNA.—*Cassia Marilandica*.

Senna is not so frequently given alone as formerly, though it possesses valuable properties. A confection, useful for children that are habitually annoyed with constipation, is made by cooking prunes in senna tea. One or two prunes may be given just before retiring to bed.

ANISE.—*Pimpinella Anisum*.

This remedy is valuable in conditions of gaseous sour stomach, flatulence and colic. Oil of anise added to simple syrup, forms an excellent disguiser of unpleasant medicines.

APOCYNUM.

This remedy has been used for the cure of dropsy. Ten drops added to four ounces of water, a teaspoonful of the mixture taken three or four times a day, aids in removing the serous effusion in some cases. Its action is feeble and slow, but it may be greatly increased by giving a capsule (see remedies in this book) every night, or every third night. There are other remedies more efficient. The kava kava is preferable. (See kava kava in this book.)

AQUA AMMONIA, OR SPIRITS OF HARTSHORN.

Ammonia is not extensively used internally, being chiefly used in forming local applications in combination with other remedies. As a smelling preparation it serves a reviving purpose in headaches, delirium tremens, and to resuscitate from shock and from chloroform. It is largely used in liniments for external use.

ARNICA.—*Arnica Montana*.

The tincture of arnica is an old and valuable remedy. It is chiefly used as a local application to bruises, sprains, rheumatism and inflammations. Its application to bruised and sore feet, caused by long standing and walking, removes the soreness and gives a sense of rest.

Prof. John King, M. D., more than thirty years ago, spoke of its having been given in small doses in typhoid and other low fevers that were accompanied with prostration; that in its action it increases the urinary discharge, promotes perspiration and quickens the pulse.

It has been said that ten drops of tincture of arnica every three hours will control the severity of symptoms of pneumonia within a very short time, and though perceptibly slow it may be relied on to give good results. The writer has not had experience with it as an internal remedy.

ARROW ROOT.

This is useful for a nutrient for infants and invalids. When made up into jelly by mixing with water and boiling, and flavored with fruit jelly or lemon, or made into a custard jelly by using milk instead of water, it is palatable to many. It may be sweetened as liked.

BALM OF GILEAD.

A home-made preparation, the tincture of balm of gilead buds, is made by filling any sized bottle with the sliced or bruised buds quite closely; then pour into the bottle all it will hold of whiskey, or alcohol three parts and water one part. Shake the bottle occasionally, and in eight or ten days it is ready for use. It is a valuable old domestic remedy that retains its usefulness and is generally considered unsurpassed in promoting healing when freely applied to cuts, wounds, bruises and vari-

ous sores. This tincture is considered a soothing diuretic when mixed with an equal part of honey. A teaspoonful of the mixture is considered a dose.

BALSAM OF PERU, AND BALSAM OF TOLU.

These are most valuable when combined with other remedies in forming cough remedies (see cough syrups in this book). Balsam of peru, one drachm, mixed with an ounce of vaseline, is said to be a valuable application to ring worm of the scalp, sluggish ulcers, and sore nipples.

BALSAM COPAIBA.

Balsam Copaiba and vaseline, equal parts, thoroughly mixed, forms an excellent application to painful piles, fistulous ulcerations, indolent sores and chillblains.

BAYBERRY.—*Myrica Cerifera*.

Bayberry bark and golden seal, of each equal parts, in fine powder, thoroughly mixed, forms an excellent tooth powder. A moist cloth dipped in the powder and rubbed on the gums once a day, preserves them firm, removes inflammation, cures bleeding gums, sores and scurvy, also preserves the teeth. A teaspoonful of the above powder, added to a teacupful of boiling water, makes an efficient gargle in conditions of ulcerated sore throat. The same amount of the powder added to a pint of boiling hot water, permitted to cool sufficient to be used, is also an exceedingly valuable injection in conditions of leucorrhea. Its action in these conditions is kindly efficient. Bayberry bark, half a teaspoonful, added to an ounce of vaseline, forms a healing ointment to apply to ulcers and scrofulous sores. The powder mixed with slippery elm bark, in forming poultices improves its value.

BEAR'S FOOT.—*Polymnia Uvedalia*.

This remedy is exceedingly valuable in enlargements and inflammations of any of the glands of the body. The severe pains in and over the liver, or the spleen, accompanied with paroxysms of coughing more or less severe, and more or less expectorations, disappear under its influence. The deep-seated aches, pains and soreness ranging over and about the region of the liver, between the shoulders, through the chest, in cases of shingles (which is glandular fever in fact), the liver, spleen and the follicles to some extent, are involved; in conditions of inflammation of the mammary glands, enlarged tonsils, it is a most excellent and speedy curative. It may be used both internally and externally. For internal use, take polymnia uvedalia, one-half a drachm; water and glycerine, of each, two ounces. Mix. The dose and frequency of taking is, for an adult, give a teaspoonful of the mixture every three hours during the day; children in proportion to age.

BELLADONNA.—*Atropa Belladonna*.

See treatment for whooping cough, measles, etc.

BENZOIN.

Both the tincture and resin of this remedy are very valuable curative agents. The tincture is a valuable application to check bleedings from cuts, wounds and sores. For this purpose a cloth saturated with it is bound over the affected part. Ten to twenty drops of the tincture, added to two ounces of water, and a portion applied over the face, in conditions of acne, pimples, eczema, pimples or spread of erysipelas, ring worm, white spots on the face, and many other facial troubles, is efficient in a cure. The writer has seen it prove most effectual in these conditions where all other known remedies had failed. It is valuable as a gargle in diphtheria and sore throat;

it may be sprayed on the tonsils, or, a more certain application is by means of the mop-swab. (For resin benzoin see elsewhere in this book.)

BITTERSWEET.—*Solanum Dulcamara*.

This remedy has been highly recommended for scaly cutaneous diseases, syphilitic affections, scrofula, jaundice and dropsy. The roots and twigs are the parts used. A strong tea may be made, then sufficient sugar to form a syrup, and to a pint of the tea, add a fourth of an ounce of oil of anise, or preferably this quantity of essence of peppermint. Dose a teaspoonful of the mixture, three times a day. It is also said to cure sexual mania.

The following combination is valuable: Take bittersweet, yellow dock root and stillingia, equal parts, of each an ounce. Place in an earthen or granite vessel, and pour on it a pint and a fourth of boiling water, let it boil up brisk once, and remove from the stove. Let set fifteen minutes, then strain it, and add sugar sufficient to make a mild syrup. Dose, a teaspoonful three times a day. This is diuretic and alterative. It is beneficial in cases of scaly cutaneous diseases, rheumatism, syphilis, dropsical affections and boils.

BLACK ALDER.

This remedy with equal parts of golden seal has been recommended for dyspepsia. The remedial property of the mixture may be largely due to the golden seal mixed with it. Five drops of the tincture of black alder, and ten drops of golden seal, added to four ounces of water, and a teaspoonful of the mixture taken half an hour before meals, is the best form in which to take it.

BLOODROOT.—*Sanguinaria Canadensis*.

The powder of the dried root applied to nasal polypus, to fungus growths, ill-conditioned ulcers, and fleshy excrescences, are dispersed by its action. It appears to arouse a new and healthy energy in the parts. Prof. John King, M. D., was very confident that all growths of the above nature, regardless of their location, could be successfully removed by this remedy. The fresh root infused in vinegar is said to remove warts, and to disperse ring-worm and tetter.

BONESET.—*Eupatorium Perfoliatum*.

This is usually employed in tea form for emetic purposes in fevers, conditions of measles, etc. Everybody is familiar with it as a domestic remedy. It may be combined with bran in forming poultices, enhancing the value of the poultice. The leaves are the parts used.

BRYONIA.

Tincture of bryonia, ten drops, added to four ounces of water, a teaspoonful of the mixture given every half-hour, every hour, or every two hours, according to the severity of the suffering, gives relief in all cases of aches and pains manifesting the following symptoms: Headaches manifesting with a bruised or sore feeling over any part of the head; aches and pains associated with the same sensation anywhere over the body, in conditions of cold, pneumonia, and the aching seeming to be very near the bones, the "bone-brake" aches. I have given it in conditions of carbuncle and am confident that it ameliorated the suffering and greatly favored recovery.

BUCKHORN BRAKE.—*Osmunda Regalis*.

About a tablespoonful of the root, in powder, added to a pint of boiling water, let cool, and given in wineglassful doses

to adults (to children in proportion to age), is said to be a positive cure for rickets.

BURDOCK.—*Arctium Lappa*.

This plant grows abundantly in the United States. The root of the plant is a valuable alterative and diuretic, and is useful in curing boils, sores, scurvy, syphilis, leprous sores, scrofula, carbuncle, and tumorous formations, glandular enlargements, styes on the eyes and some kidney troubles. The fresh root may be sliced and placed in a bowl or cup, and three times as much water (by bulk) as there is of the root, poured over it, let it stand for three or four hours, it is then ready for use. Dose, one ounce, or about four tablespoonfuls, for an adult taken three times a day, is sufficient.

This is decidedly a disperser of boils and boil-kinships. And doubtless it would be effective both in preventing and curing small pox, which is but a profuse crop of boils.

If the dried root is used, more of it must be used, and water boiling hot must be poured over it, then let stand as above. The fluid extract can be purchased at the drug stores, also the dried root.

Following the taking of the preparation from the fresh root, the writer has seen very ugly boils disappear, and their re-appearance stopped very rapidly. Also, from taking the fluid extract. The action of burdock (*Arctium Lappa*) is quite like the action of the yellow dock (*Rumex Crispus*), either producing about the same effect.

YELLOW DOCK.—*Rumex Crispus*.

This plant grows abundantly in the United States, and is known by the names of yellow dock, narrow dock, and sour dock, or curled dock. The leaves of this plant are frequently cooked for "greens" and eaten. Both the seeds and root are

used as medicine, but the writer is familiar only with the roots.

The action of this dock is about the same as the burdock, and is used in the same way, prepared in the same way. The fluid extract is for sale in drug stores. Either of these preparations are efficacious in dispersing boils, sores, scurvy, syphilis, leprous sores, scrofula, carbuncle, glandular enlargements, tumor formations and in curing some types of kidney trouble. Its action is diuretic and alterative. Quite eminent authority gives the yellow dock the preference above the burdock.

Either of the above is valuable given alone or in combination with other remedies, which see elsewhere in this book.

BLACK WILLOW.—*Salix Nigra*.

This is also known as pussy willow. The powdered bark simmered in sweet cream forms an excellent poultice in those dark colorings which sometimes accompany indolent boils or ulcers, and which condition is sometimes called mortification. The buds or aments, in a tea form, are highly recommended for cases of sexual mania, also for spermatorrhea. Its influence continues for a long time. *Salix nigra* can be purchased at any drug store, prepared for use.

BLUE FLAG.—*Iris Versicolor*.

This has been claimed to cure goitre. It produces salivation mixed with equal parts of mandrake and prickly ash bark; it is doubtless to this action that it is proving curative in cases of goitre, and yet, the writer considers that to the mandrake is very largely due the credit of the curative effects. The salivation does not appear to be of the nature of that produced by mercurials, which is destruction of tissue, but rather an eliminator of excess of fluids, which action is largely necessary in effecting a cure in conditions of goitre. It is said not

to injure the teeth nor make the breath offensive, and that the harsh effects may be overcome by giving a little ginger, capsicum or spirits of camphor. It may also be prevented by adding ginger or capsicum to the mixture.

BUCHU.—*Barosma Crenata*.

This remedy has a beneficial influence in all types of disease of the urinary organs. See in many places where its use is directed elsewhere in this book.

CAMPHOR.

Camphor is an old and well known remedy, and no family should permit themselves to be without it in the house. It is an *emergency* remedy, and has a wide range of usefulness. In addition to its being a prime factor in many valuable liniments, the gum enters into the most valuable ices, creams and pomades, for applications to ulcers, pimples, cold sores, and many forms of eczema, and cutaneous affections. The spirits of camphor, inhaled in faintness and fainting, is an excellent restorative; as a local application to sprains, bruises and to swellings, it relieves pain, reduces swellings, prevents and removes discolorations, and removes soreness and promotes recovery. It is sedative, anti-spasmodic, diuretic, allaying nervousness and nervous excitement, subdues pain, arrests spasm, and quieting nervous irritations, induces sleep. In wakefulness accompanying or attending typhoid or cholera infantum patients it has proved valuable; one-fourth of a teaspoonful of tincture of camphor to which a little capsicum has been added, makes an excellent application over the pit of the stomach, and also over the bowels, in the above conditions, producing sedation, and is also restorative. Smelled or its odor inhaled up into the nose, it relieves the stopped-up nose and head.

Camphorated vaseline, which may be obtained at any drug store (or it can be made at home), applied well up the nasal cavities and over the forehead, will dispel very severe annoyances from colds. It should be applied at night. It is equally valuable for patients of any age.

Equal parts of spirits of camphor and castor oil or glycerine, preferably castor oil, heated hot, and a pledget of cotton saturated with this and introduced well into the ear cures ear-ache the quickest of any remedy I have ever tried. And it comes the nearest restoring the hearing after complete deafness of all remedies I have ever tried.

CAPSICUM.

Capsicum is also called red pepper and cayenne pepper. Everybody knows the plant, it being a common garden plant, though comparatively few know its value. There are several species, though all possess similar properties. Its usefulness covers a wide range both in tincture and powder. It is a most powerful stimulant tonic, whether used internally or externally. Taken internally, it acts as an anodyne tonic to the entire alimentary canal, greatly favoring digestion, and is especially useful in cases where the vital energies are extremely low, as in typhoid fever, long continued scarlet fever or diphtheria, allaying inflammation, healing ulcerations, and promoting digestion. In these cases it may be given alone in syrup; or in tincture or powder combined with golden seal. Or in extremely low cases of fever of any kind, the powder or tincture may be combined with vaseline or lard, or a little alcohol, and rubbed over the bowels and along the spinal column once a day. It is valuable as a gargle in ulcerated sore throat of diphtheria and quinsy. It is valuable in ophthalmia, or sore eyes. It is a most excellent addition to liniments, and given with podophyllin it prevents griping. It is the best stimulant both in-

ternal and external. It produces no harm. Its stimulating effect is lasting, with no bad after effect whatever.

CASTOR OIL.—*Oleum Ricini*.

The seeds or beans from which this oil is obtained are said to be poison, as few as twenty beans is claimed to have proved fatal. The writer has had no experience with the crude materials. The oil is indispensable for many purposes. When taken internally, in addition to its mildly cathartic property it is nutritious, easily digested, is soothing and healing to irritated surfaces, and is not unpleasant to taste, except imaginary. Take simple syrup, one ounce; castor oil, two ounces, and half a drachm of essence of cinnamon. Mixed, this makes both a valuable and palatable form of taking it. One-half or one-third of this quantity is a dose for an adult; children in proportion to age. In cholera infantum and bowel troubles of children this is excellent.

As a local application to external surfaces, or to wounds of whatever nature, castor oil has no equal in remedies. Castor oil, one ounce; essence of cinnamon, one drachm, well mixed, or half as much turpentine added to the castor oil and mixed well, and a teaspoonful or tablespoonful rubbed over the bowels in conditions of cholera infantum, typhoid fever and in puerperal fever, or in any dispositions to hemorrhagic or mucous discharges, it is promotive of the best results.

Also, a tablespoonful of castor oil mixed with a gill of milk and permitted to boil up just once, remove from the fire and add ten drops of essence of cinnamon, forms a valuable preparation for giving internally in the above cases; also in cases of feebleness of the very aged. The above is for a child, and is usually permissible twice a day to a child ten months to eighteen months or two years old.

In addition to the above qualities to commend it, as a local dressing it has equally as much to commend it. In addition to its own curative properties it serves as an excellent vehicle for other remedies, for all sorts of wounds and wounded surfaces, and it is sufficiently consistent to remain on the part or portion where it is originally placed. It does not prevent the absorbent dressing from taking up the blood or other secretions, and in no way interferes with drainage, nor with the action of other remedies that may be applied. It saturates the fibre of an absorbent and does not hinder the fluids from passing into or through its interstices, keeps the surface wounds moist and prevents hardening crusts from forming. When mixed with oil of Peru or turpentine it does not become rancid.

The castor oil is valuable as a vehicle in which to incorporate turpentine to apply to local injuries or wounds to check bleeding. Add one drachm of turpentine to one ounce of castor oil, for this purpose. Wounds of considerable degree, the cut or injured parts being placed near and smoothly together, absorbent gauze, linoline, or cotton, preferably the finest new unwashed cotton, wet with this mixture, placed over the injury and confined in place by a bandage, will stop the flow of blood, and in addition, quite severe wounds will get well with no other treatment.

CHLORATE OF POTASSA.

The use of this remedy is to check decomposition, undue degeneracy, putrefaction, and may be given when any foul odors emanate from any part of the body, as putrid or offensive odors from the breath, as in cases of sore throat, pneumonia, or offensive odors clinging about the sweat, or clinging about the body, or an odor of decomposition about other excretions, or discharges from a wound, sore or ulcer, or from whatever source about the body the odor of decomposition

may arise. A half of a teaspoonful of the powder or crystals added to half a glass of water, a teaspoonful of the mixture given three times a day, for the first day, then twice to once a day so long as there is marked offensiveness present, is the proper mode of giving it.

CINNAMON.

Cinnamon, the cinnamon of commerce, is stimulant, carminative, and a most reliable hemostatic for checking hemorrhage from any of the internal parts. It is given in various ways. The essence given in fifteen drop doses, on sugar or in syrup, is the most agreeable way of giving it. In severe cases of bleedings, or hemorrhages, it may be given as often as every fifteen minutes; in mild attacks, three times a day is sufficient. In giving it internally, I sometimes combine it with ten drops of oil of erigeron, in each dose, and give it in this form, especially in puerperal hemorrhage, or excessive menstrual flow. Doubtless the essence of cinnamon might be applied to a wound to stop bleeding, just as effectually as its internal use does.

The cinnamon in powder has long been used in domestic practice, to wounds, in which it gives curative effect. The powder applied would, doubtless, stop hemorrhage from wounds.

Fifteen drops of the oil of cinnamon mixed in a teaspoonful of olive oil, and rubbed along the spinal column of a child suffering and restless from pain in the bowels, or wind, or gaseous colic, frequently calms it to sleep.

CHLOROFORM.

Chloroform can not be safely used by people not physicians, hence but little of its uses need be named here. It is useful to the surgeon for administering by inhalation, to produce relax-

ation to enable adjustment of the parts in dislocations, and in conditions of lock-jaw for unlocking the jaws. The task of administering it is not a desirable one, and none but a competent physician should give it. If unpleasant symptoms are met, pour aqua ammonia upon a handkerchief and pass it under the nose. Vinegar is said to do as well as ammonia. Also, the fumes of turpentine are affective.

CLOVES.

Cloves are chiefly used in confections, and in modifying the taste of other remedies. The oil of cloves, applied on cotton, and placed in the cavity of a decayed tooth, sometimes allays the aching.

COTTON.

Cotton, the very finest unwashed cotton, such as we use to put in quilts, forms a most excellent application to surfaces afflicted with erysipelas, to burns, to blisters, over wounds, ulcers, sores, swelled joints, and rheumatic achings and pains. In conditions of erysipelas, there is no remedy among our medicines that equals the cotton for a local application in giving speedy and permanent relief. It should be from one to three inches thick.

DIGITALIS.—*Digitalis Purpurea*.

The virtues of this remedy are much praised by a few, for the cure of some types of derangements which are supposed to be due to some abnormal condition or action of the heart, and as a cure for dropsy. I have observed marked sedative influences, and reduction of pulse, from its administration, but have seen no beneficial effects whatever from it in conditions of dropsy. It may be given in those highly excited conditions apparently met or located at or about the heart, occasionally met, for temporary relief. The dose for an adult is: Take digitalis, five

drops; water, four ounces. Mix. Give a teaspoonful every three or four hours. The remedy is exceedingly over-rated as to its medicinal value. The writer is of opinion that its value is quite limited; that as a curative remedy in dropsy it is worthless and is harmful rather than even beneficial, and they who look to this remedy to cure dropsy, experience miserable failures.

ELDER.—*Scambucus Canadensis*.

Elder flower tea, or elder flower water, is used by some persons as a wash and application to the face and hands. For this purpose it can be obtained from the drug store, or it can be made at home. The juice of the berries may be evaporated into a syrup, an ounce of which acts as a purge. The expressed juice evaporated by boiling to half, and sugar added to form a thick syrup, makes an appetizer to some sick people. Eaten freely it is mildly laxative. The berries may be dried, cooked, sweetened with sugar and flavored with lemon or apple vinegar if liked, and is not wholly unpalatable eaten when so prepared and cooked between crusts. Many admire them very much when so treated.

The inner bark has been steeped in lard, and used to apply to many sores with good results. It has seemed valuable applied to protruding piles.

CANADA FLEABANE.—*Erigeron Canadensis*.

See, combined with other remedies, the oil of erigeron.

FLAX SEED.

Flax seed is used in the form of meal, in which form it is used for making poultices. It is valuable for hastening the maturation of boils, and other tumors.

GARLIC.

Everybody ought to know garlic, especially its usefulness ought to be known by those persons who are anxious to get well without money, energy or price. Its use is not wholly confined to culinary purposes, it has long since slid out of the kitchen and is serving more prominent places than flavoring savory dishes. It is a food-medicine, and may find hosts and hostesses among the "very elite" or play servant to those among them who are afflicted with that tormentor, gout, if it be so intrusive as to have ensconced behind their hospitality, and it frequently does. The discovery of garlic being a gout-disperser, is attributed to some "old woman," but however, that does not *weaken* the merits of the article. Half a teaspoonful of the juice, or a medium sized bulb, is the dose, and every night, the frequency of taking. It is a searching and effective scavenger, and is worthy of a trial.

GINGER.—*Zingiber Officinale*.

This remedy is stimulant, anti-flatulent and tonic. In dyspepsia it gives tone to the stomach, aids in digestion, relieves cramps and colic in the stomach, and adds tone to the system. It promotes sweating, is valuable in relaxed palate, paralysis of the tongue, and that seeming "deadness" that sometimes manifests in low conditions, especially typhoid fever.

The stimulating influence of ginger is immediate, and greater than alcoholic beverages. It is not harmful. It is a reliable remedy of superior pain-relieving properties for patients both old and young, patients of any age. It may be taken freely in sudden chilliness, coldness of the extremities or skin, in distress of the stomach or bowels, and many other conditions of pain. It may be taken in the form of a tea, made by placing a teaspoonful of the powder in a suitable vessel, and pouring on it a pint of boiling water, and let it stand for twenty min-

utes. A little sugar may be added for those who prefer it so. For persons feeling indisposed, this tea may be advantageously taken three times a day before meals, taking two tablespoonfuls at a dose.

GENTIAN.—*Gentiana Lutea*.

This remedy's chief value consists in it being an appetite creator, or coaxer, for which use it is hardly excelled. But little is required to bring sufficient appetite, and when this result is obtained it is best to discontinue taking it. See its uses combined with other remedies in this book, elsewhere.

GLYCERINE.

Glycerine is a remedy the value of which is but little understood as yet. It has a wide range of usefulness, both for internal and external use. For external use in inflamed and edematous swellings, in tonsilitis, sore throat, diphtheria, peritonitis or child-bed fever, in strains, sprains, felons, boils, carbuncles and abscesses, it is scarcely equaled as an application over these parts; it removes the congestion and engorgement from the parts affected and favors nature in letting the blood circulate to and in the affected part on its mission of healing, and promotes and hastens a cure.

HOUSELEEK.—*Sempervivum Tectorum*.

The leaf sliced and the inner part bound on corns or warts, and changed twice a day, is said to be a positive cure for them. Also, that the juice applied locally has cured ring worm, shingles, and many other cutaneous affections. A Dr. A. Brown, of Cincinnati, claimed to have cured several cases of shingles in twenty-four hours by an application of bruised houseleek as a poultice. Its valuable properties are supposed to be due to the salt-lime that it is supposed to possess. It is worthy of a trial.

GOLDEN SEAL.—*Hydrastis Canadensis*.

This remedy is the "yellow pocoon root" that our grandmothers knew and used. Though an old remedy, it has never lost any of its curative virtues, but every day it more thoroughly establishes them. It is a valuable remedy for any age, both young and old. Its range of usefulness, for both external and internal use, is wide and varied.

Hydrastis, one drachm, added to four ounces of water, or syrup, a teaspoonful of the mixture taken three times a day improves digestion.

It is an excellent remedy, given as above, in conditions of scrofulous diseases of any type, loss of flesh, and enlarged tonsils or enlarged glands in any part of the body, whether there is ulceration present or not. In children suffering with that form of eczema commonly called "milk crust," or "milk scab," usually confined to the hands and face which forms pustules, it is of much value. It increases the digestive powers, favors assimilation, nutrition, and lessens the destruction of tissues, thus favoring a cure.

An even teaspoonful of the powder, added to half a pint of boiling water, let to steep thirty minutes, then add a pinch of borax, two ounces of glycerine, one-fourth of an ounce of peppermint, and two ounces of honey, or sugar to make a mild syrup. This makes an exceedingly valuable gargle and wash for sore throat and sore mouth. A teaspoonful of this mixture given three times a day, in these conditions, also gives marked relief.

HORSERADISH.—*Cochlearia Amoracia*.

Horseradish grated in vinegar, and partaken of in moderation at meals, promotes digestion, strengthening delicate appetites, and is considered anti-scorbutic. It has proved bene-

ficial in conditions of dropsy. The infusion of the fresh root in vinegar is sweating; its use persevered in, removes drop-sical effusions. In some conditions of hoarseness, the root grated in syrup or sweetened water, and a little of it taken occasionally, removes it. In preparing horseradish for eating at meals, grated turnips mixed with it modifies its taste agreeably.

IPECACUANHA.—*Cephælis Ipecacuanha*.

Five drops of this remedy added to four ounces of water, a teaspoonful of the mixture given every three hours to every five hours, checks excessive discharges from the bowels in some cases of cholera infantum; also it may be given in conditions of dysentary of any age of patients. Given three times a day, it appears to improve digestion in some cases. One drop of ipecacuanha and one drop of podophyllum P., given in a little water, is said to promote perspiration. The writer has not used it in this way. The oil combined with olive oil or lard, two parts lard, and one part of oil of ipecacuanha, mixed, and a small portion applied to swelled and inflamed joints, and over the region of the tonsils when they are enlarged, by its causing an eruption on the surface thus withdrawing the fluids from the congested part, assists in bettering the condition.

JALAP.—*Impœla Jalapa*.

This remedy is a valuable one and its action can be relied upon. I like its action best when combined with other remedies (which see elsewhere in this book), in which combination it greatly promotes secretion, elimination and excretion effectively and promptly.

LEPTANDRA.—*Leptandra Virginica*.

This remedy though not so much used at present as some years ago, is a valuable remedy. Given in the small doses,

it appears to excite the liver to renewed energy. It increases the alvine dejections but little, given in the small dose, yet in some cases of biliousness, and in some fevers and indigestion, it appears to better conditions. From three to five drops may be taken in water or syrup, once a day.

POKE.—*Phytolacca Decandra*.

See *phytolacca* elsewhere in this book. The fresh root bruised in cream, lard, or fresh unsalted butter, and a small portion applied over the surface of the affected part, in conditions of glandular enlargements, or tumors, and scrofulous ulcers, and itch, it is of curative value. It is worthy of a trial.

LETTUCE.

Lettuce, the garden plant, possesses narcotic properties somewhat like opium, though not like it in that it does not constipate the bowels. The plant eaten at the supper meal, induces plentiful of sleep for the night.

LICORICE.

A confection is made combining licorice, and which is beneficial in colds, coughs, catarrh, and irritated mucous surfaces. Its beneficial effect is doubtless due to its cathartic property.

LOBELIA.—*Lobelia Inflata*.

See its uses where directed, elsewhere in this book.

NUX VOMICA.

Nux Vomica is almost a twin companion to aconite, and comes near being an emergency medicine, but while it appears to help over many critical places, it is well enough not to place too much reliance upon it. In cases where the breathing seems "almost stopped, stopping, or smothering down," feeble respira-

tions, its influence seems remarkable. It arrests nausea and vomiting, and in many cases appears to give a general betterment, toning the general system, promoting the secretions and excretions, relieves pain in the stomach and bowels, and is especially permissible in cases exhibiting whitish or pale yellowish color about the mouth, over the face, and about the eyes. The dose is: Add five drops of the tincture of nux vomica, to four ounces of water, and give a teaspoonful of this mixture (to patients over six years old), every fifteen to thirty minutes in cases of difficult breathing, till two or five doses have been given, then every two hours; in other general requirements, a dose every two hours. For removing constipation, give to an adult one drop in a little water at night just before retiring, for three to five days.

THE ANTI-BILIOUS PHYSIC.

Take senna, jalap and cream of tartar, of each one ounce; ginger in powder, a teaspoonful. Thoroughly mix. Dose: A heaped teaspoonful is a dose for an adult.

The mode of administering this remedy is, place the powder in a cup (a little sugar may be added to make it more palatable), pour over it sufficient boiling water to make it sufficiently thin to drink; let it stand till cool enough to permit of drinking. It should be taken in about two swallows, then shut the mouth and breathe through the nose. In about ten minutes no undesirableness is apparent, and in half an hour after taking it one may take their usual meal, if such is desired, without harmful results.

The dose is large, and while it is not esthetic in appearance, it is not undesirable in taste, and it is the *one* dose that does a most masterly work. I know of no other remedy that acts so kindly and effects so much, and with so little unpleasantness about it, in eliminating from the circulation the destruc-

tive and depressing morbidness and excreting it from the body, thus permitting the vital energies to gather up their forces and continue life. It eliminates and removes the debris and detritus, the ashes, muck and excess from the machinery of the bodily economy—from the drainages, nerve beds, pivots, hinges, joints, canals and interstices, thus permitting the harmonious running of the machinery-economy, and promoting reparation—the renewal of life. It does not nauseate, it stops it. It will stop vomiting and diarrhea. It will stop headache and prevent its return. It will stop hemorrhage from the nose. The one dose is generally all that is required. In the treatment of various ailments in this book this remedy is frequently directed to be given.

PODOPHYLLIN.

Podophyllin is the resinoid preparation made from the root of mandrake, or may apple, as it is generally called. The late Prof. John King, M. D., brought this remedy into prominent notice about the year 1844, though it had been very largely used by “old women” in domestic practice for many years previous, and had thus proved and established its curative value. Its value is now known by all well informed physicians throughout the world as well as thousands and thousands of lay-people. There is no known remedy in all materia medica that at all approximates it in curative value, or range of usefulness as a curative remedy, properly administered.

The medicinal action of podophyllin, is upon the viscera engaged in digestion and blood-making, and reflexedly upon the function of nutrition and excretion. It influences secretion from the entire intestinal tract in an especial manner; it stimulates the mucous follicles, the gastric follicles, the biliary apparatus, the pancreatic apparatus, and the glandulæ of the

intestinal canal. It is *the* remedy in all conditions of atony—or general derangements of the bodily economy.

Its action is prompt, impressive, efficient, and continues for considerable time; it effects great action from small quantity taken, hence the desired relief is obtained without the taking of so much medicine which gives no adequate good return or effect, as is the result from giving so many of the remedies in vogue, and for this reason, as fast as it is becoming known, it is being preferred to other remedies, and is doing away with that method of prolonged medicating—that long continuing of taking remedies “every fifteen minutes,” “every hour,” “every-two-hours,” and “three-times-a-day method.”

Administered in proper doses and in proper frequency, it arouses biliary excretions, eliminates morbid matters from the bodily economy and promotes their excretion or ejection from the body; it promotes digestion and elaboration of pure blood, removes cough from whatever cause, disperses tumors, abscesses, boils, carbuncles, small pox, aches, pains, fevers—intermittent, the chills-and-fever kind, and any variety of fever, even when quinine and all other remedies fail. It requires no other remedy to check its action, and it leaves no bad after-effects—no ragged teeth—no suppurating bones nor old sores.

The *small* dose gives the desired effect, and its influence is somewhat prolonged, lasting for several days; hence, when alvine action has been seen to follow its administration it should be discontinued for some days. This plan will be seen to be carried out in the directing the giving of remedies combined with podophyllin, in this book. The following are the methods, manner of mixings, and sizes of dose and frequency of taking, except where otherwise named: Take podophyllin, one grain; sugar of milk, nine grains; and capsicum, one grain. Thoroughly mix all together. Two grains of this mixture is a

dose for an adult, for all persons over twelve years. It may be taken mixed in water (which is the best way when it is not put in capsules) or mixed in simple syrup to which has been added three drops of oil of anise, or essence of peppermint.

Capsules, the No. 2 size is the size intended to be used to put the powder in. The capsules cover up the medicine so that one need not experience having to taste the medicine in taking it. The No. 2 capsule will contain a dose for an adult, as above mentioned. In every place in this book where I have directed to take "the capsules," and have directed your attention to "remedies," in this book, the No. 2 capsule filled with the above powder is meant. The frequency of taking this remedy is, a dose every three or four hours till from three to five doses have been taken, or till biliary alvine action is seen to follow its administration. Usually but from one to three doses are sufficient to produce this action. In some instances in this book I have directed different lengths of time for taking it. In cases where the disturbance has not been permitted to progress to much degree of severity, one dose taken two or three hours after the supper meal has been taken, or just before getting in bed, repeating the dose in a few nights, will be found to restore to health.

For children under eight years old the following usually serves their needs quite well: Take podophyllin, one grain; sugar of milk, fifty grains. Thoroughly triturate them together. Two grains of this remedy is a dose for children from eight months to six or seven years old. To a child eight months old give one dose, and from six to twelve hours should be awaited, as sufficient action is usually seen from the one dose, for this age. Another dose may then be given if necessary. Other ages may be modified from the above, where not directed.

It will be noted in taking some of the remedies directed in this book, that the actions of those that increase dejections from the bowels, the action is much greater following the first few doses than doses taken after this first action has subsided, but the additional doses give the good constitutional effect also.

It will also be noted that the frequency of taking medicines, as directed in this book, is markedly less than is generally given by physicians. Medicines are but prompters, somewhat helpful, and temporary props, hence in *all* cases time must be permitted, time for the medicine to do its work, and an opportunity given for the system to battle with the condition, adjusting itself to retake up the work of the continuing of the functions of life, which opportunity must be given in *all* cases in order to receive a good result, and can not be lost sight of in the treatment of *any* case.

The old habit of constantly keeping the stomach and mind agitated with "taking a dose," never permitting the system a moment of restful peace in which it may look over its energies to gather up its lost self that it thereby may retake up living or continuing the functions of life, must be set aside.

PEPPERMINT.—*Mentha Piperita*.

Peppermint is one of the old remedies, much and effectually used in stomach-aches occurring in members of families. Its real value, however, is but little known. It is exceedingly valuable both for internal and for external use. In either way of administering it, it is very soothing, powerful, and diffusive.

The essence is the form usually employed for internal use, and from ten to sixty drops, (according to age of the patient), given in sweetened water, is the usual dose for an adult. It checks nausea and vomiting, allays gastric, flatulent colic, spasm or cramp of the stomach, and gripings. It may be

given to persons of all ages, and it does not interfere with other remedies. Sickly and delicate children, slow to nourish, and sometimes annoyed with straggling fever, and diarrhea, given ten drops of essence of peppermint, in a teaspoonful of olive oil, three times a day before meals, relieves and nourishes the little sufferers, from ten months to three years old. A teaspoonful of the essence added to a pint of hot water used to sponge the body in the above cases, appears to lend a tonic effect. The oil is generally used in preparations for external applications. Oil of peppermint, one part, and pure hog's lard, four parts, mixed, forms an excellent application over the region of enlarged or swelled tonsils, immediately giving relief, and hastening recovery; applied across the forehead in headache from colds, applied to mosquito bites, and bites of various insects, a plaster of it half an inch thick applied over the chest, in colds especially of children, gives valuable and speedy relief. The essence of peppermint is unsurpassed as a local application—as a liniment, in nearly all cases where a liniment is used. Its action is immediate and permanent. It is a specific, taken internally and applied externally, in colds and sore throat, of any variety.

PHYTOLACCA.

Phytolacca, valuable in all cases of glandular enlargements, if administered in the early onset, but if delayed till there is sloughing or suppuration, my experience with it is, that it is valueless.

CREAM OF TARTAR.

See uses elsewhere in this book where its use is directed.

PRICKLY ASH.

See preparations of it in mixtures in this book elsewhere.

SALTS.

Epsom Salts, useful in dysentary, for removing abnormal substances from the alimentary canal, from over eating, from long pent-in abnormal matters; in conditions of apoplexy, for removing excess of serum or morbid matters from the circulation, or excess of serum from the peritoneal cavity, and from the blood, thus lessening vital depression quicker than anything else except the anti-bilious physic. Dose for an adult, four or five grains.

It is claimed that salts is an anti-fat, if taken three times a day in teaspoonful doses, and if the whole body is bathed with a solution of one part salts and two parts of water.

It has been claimed that the application of epsom salts will be found valuable in the removal of scars, cicatrices and blemishes. It must be applied several times a day.

SILKWEED.

Silkweed, as it is commonly known (*Asclepias Syriaca*). It is said that the juice of the milkweed, applied to warts, will disperse them.

SPIRITS OF TURPENTINE.

In addition to its efficient action as a hemostatic and in catarrhal affections, gastric ulcer, and affections of the mucous membranes, spirits of turpentine is an efficient and acceptable remedy for local application to many afflicted parts or manifestations, and taken internally in the small dose does not annoy the most sensitive. An agreeable mode of administering it is, spirits of turpentine five drops on a teaspoonful of sugar. This dose may be given to an adult, in any type of catarrh, no matter in what part of the body the catarrhal affection may be located, whether in the throat, as tonsilitis and diphtheria, the stomach, bowels, kidneys or bladder. From two

to three times a day is the frequency of taking, and may be continued from three to five days. It is a searching and valuable remedy, reaching every mucous membrane in the body. Its virtues are invaluable, modifying secretion and influencing nutrition, also acting as a stimulating alterative, and greatly aids in elimination.

Administered in the above manner in typhoid fever, it is a good stimulant to the sympathetic nervous system; under its influence the mouth becomes moist and the tympanitis is relieved, the secretions of the intestines are aroused, the generation of gases are modified and expelled, and the inflammation and ulceration are not so extensive, and subside. In the above doses it is kindly borne, and administered with sugar it may be taken by anyone.

In cases of hemorrhage from the stomach or bowels, of a paroxysmal attack of great severity, twenty drops may be given every fifteen or thirty minutes, according to the severity of bleeding to an adult. Lengthen the time of giving as improvement is apparent.

SLIPPERY ELM.—*Ulmus Fulva*.

Slippery elm, sometimes called red elm, has a range of usefulness too great to be forgotten. It forms a valuable poultice alone or combined with other remedies, for application to tumors, boils, ulcers, suppurating erysipelas, bruises, to mumps when distress appears in distant parts in the male, and to the mammary glands. In inflamed conditions in mucous surfaces, lungs, stomach, bowels, or urinary apparatus, a mucilaginous drink formed from the slippery elm bark, may be drunk freely, using either the fresh or dried bark. It is soothing, allaying irritation, and is very nutritious. A small quantity added to sweet milk, adds to its nutritive property and aids in digestion. Used for this purpose it must be cooked. The powder

sprinkled over excoriated surfaces, chafings, heat-itch, and erysipelas, promotes healing.

SOAP.

This is an exceedingly valuable adjunct to the bath for cleansing purposes. Its use in this respect must consume large quantities of it.

SODA.—*Bicarbonate of Soda.*

This is the soda of the kitchen, that is used for cooking purposes. See mention elsewhere.

BORATE OF SODA.—*Sodæ Boras.*

This article is the borax of commerce, also called *boracic acid*. Also see elsewhere in this work, where its use is directed.

SALT.—*Chloride of Sodium.*

This article is also called *sodii chloridum*, and *muriate of soda*. It is the salt of commerce. Moderately used in foods it makes many varieties palatable, promotes digestion, especially in delicate and weakly children. In addition to improving the taste of many foods, it is valuable in some ailments of the human family. It is curative in many skin diseases, and may be used in the bath. In those cases of scrofulous disposition, a little freerer quantity may be taken daily in the foods. A small quantity added to hot water, makes a valuable wash to inflamed eyes; added to hot water, and swelled and bruised parts well bathed in it, gives great relief.

Salt saturated with turpentine and a little flour added, the mixture applied by means of a wool cloth, has been recommended to stop the development of carbuncle.

In cases of apoplectic attacks, soon as the patient can swallow, add an even teaspoonful of salt to a teacupful of water, and have the patient swallow it.

If the patient cannot swallow, add a heaped tablespoonful of salt to half a gallon of water, and administer it as an injection per rectum.

Mixed in honey or sorghum molasses, it may be given with benefit in cases of croup.

In cases of enlargements of glands, or swellings on any part of the body, frequent daily bathings with strong salt water has dispersed many of these ugly conditions.

SULPHATE OF COPPER.—*Cupri Sulphas.*

Also known as blue vitriol. Its usual employment is as an escharotic application to warts, ill-conditioned ulcers, fungus granulations, of sluggish healing ulcers, that present a pointed or nodulated surface of more or less prominence, generally not disposing to ulcerate nor to get well, but remain an angry red color. This condition may exhibit about any sore or ulcer; it sometimes exhibits when ingrowing toe nail is present, and also it sometimes appears on the edges of the eyelids about the roots of the lashes. The part may be touched most carefully with the point of a folded cloth dipped in the following solution, being careful not to permit it getting inside of the lid: Take sulphate of copper, four grains; water, two ounces. Mix, and it is ready for use. The solution may be applied to the above variety of sores. Usually once is sufficient.

SULPHUR.

Sulphur is a time honored remedy, much and variously used by the old mothers who found it meeting many urgent needs. The late Prof. A. J. Howe, the most successful scientific surgeon of his day, in the world of surgery, spoke highly of its therapeutic value, as also the late Prof. John King, M. D., equally eminent in the science of obstetrics, and medical thera-

peutics. In conditions of croup and pneumonia where there is a stoppage of the breath, as it were, a filling up, loud rattling in the chest, sputum tough, tenacious, and difficult to raise, it will be found an efficient remedy. A tablespoonful added to half a glass of water, a teaspoonful of the mixture given every ten, fifteen, or thirty minutes according to the severity of the case, prolonging the time as relief is apparent to two or three hours for the first thirty-six hours, then three times daily, will be found to give a marvelous benefit.

In persistent sore throat, in cases where there is great secretion of muco-pus, excessive expectoration, as in tuberculosis, it relieves and lessens this condition, and promotes digestion and assimilation; its tonic and alterative properties are remarkable, hence it is a prime curative agent in the above conditions. The adult with the above ailments should begin its use by taking a teaspoonful every second morning before breakfast till three doses have been taken. In six days repeat, begin again and repeat.

In asthma where the secretions are profuse and cough persistent, it is valuable. In hepatic sluggishness, in piles, hemorrhoids and hemorrhoidal bleedings, prolapsus of the anus and many morbid states of the alimentary canal it meets requirements not met by any other remedy. Three parts of sulphur and two parts of cream of tartar, mixed, and a teaspoonful of the mixture taken as above for any of the above annoyances, is a prompt restorer of peace. The effect is greatly enhanced if a capsule (see remedies elsewhere in this book) is taken every fifth night.

SWEET FLAG.—*Acorus Calamus*.

This is commonly called calamus. The root is the part generally used. A tea made from it, sweetened to make it palatable, and a pinch of sulphur added, is valuable for allaying

flatulent colic, depressing dyspeptic conditions, and giving tone to the stomach, especially in the very early months of infancy.

TANNIC ACID OR TANNIN.—*Acidum Tannicum*.

Tannin is useful as a wash in some conditions of sores, fissures of the anus, ulcers, sores of the mouth, salivation, as an injection in leucorrhœa, piles, gleet and gonorrhœa. Five grains added to six or eight ounces of water makes the wash or injection. A fourth of a grain given internally every three to six hours checks diarrhœa and dysentery in some cases. The white oak bark from which this remedy is made serves better than the tannin.

WHITE OAK.—*Quercus Alba*.

A decoction or tea, made from the bark, one ounce of the bark to a pint of boiling water, has many valuable qualities, much that is hardly realized from more elaborate preparations. A gill of this tea added to a quart of the water used to sponge those weakly children with severe diarrhœa in cholera infantum where there manifests that undue moist, flaccid condition to the tissues and skin, appears to give tonicity.

WITCH HAZEL.—*Hamamelis*.

Hamamelis is tonic, sedative, and astringent and meets requirements in a broad range of usefulness. It was reputed to have been used by the Indians, in swellings and tumors of painful character, as well as in internal inflammations, and as local applications in the form of poultices. But whatever its source of discovery, it is a most excellent remedy.

Witch hazel is valuable as a local application in various manifestations, as in conditions of sore throat, enlarged tonsils, elongated uvula. Taken internally, three or four times a day, from ten to thirty drops, for an adult. It appears to remove congestion from parts which is doubtless due to its promoting

circulation. In sore throat there is a thickening of the mucous membranes, with enfeebled circulation; witch hazel may be used as a gargle (equal parts of witch hazel and water) in these cases, and even where there is mucous discharge, or mucopurulent discharge. External piles may be bathed with it, lameness and soreness in the back may have an application of it over the region of pain. Added to an equal part of water, it may be used to bathe the eyes in any manifestation of inflammation, mucous, or muco-purulent discharges. It may be applied to stings of insects and conditions of chilblains.

WAX.—*Apis Melifica*.

This wax is the product of the common bee. It is known as the yellow wax, *cera flava*, and the white wax, *cera alba*. It is chiefly used in medicine in making ointments and pomades, combined with other remedies. The yellow wax moulded over minor wounds and injuries keeps the parts in shape and promotes a nice healing.

WHORTLEBERRY.—*Vacinum Frondosum*, or Huckleberry.

The fruit is wholesome and beneficial in the economy of the body, beneficially influencing diuresis, in derangements of the urinary organs, removes scurvy, etc. It is said that bruised berries steeped in gin are valuable in conditions of dropsy and gravel.

WILD YAM.—*Dioscorea Villosa*.

Dioscorea is the remedy in many cases of bilious colic. It can be obtained of druggists generally. The dose is from ten to fifteen drops added to four ounces of water, a teaspoonful of the mixture given every fifteen minutes to half hour, or hour, according to severity, till relief is manifesting, then lengthen the time to three hours.

WINTERGREEN.—*Gaultheria Procumbens*.

Most frequently used to disguise other medicines, yet it has a valuable curative property. A mild solution of the essence or oil is valuable as a wash in conditions of inflammation of the eyes, especially some cases remaining inflamed with no disposition to suppurate or get well, also as a wash in excoriations, pimples, ulcers, etc. The oil, one part, and water four parts, mixed, is a most efficient disperser of abnormal and unpleasant odors about the patient's bed and dressings, utensils, etc.; a small quantity added to the bath water for bathing parturient women, and for baths during catamenial flow, is a most elegant banisher of undesirable odors.

YEAST.

This article is perhaps worthy of some attention as a remedy, notwithstanding it appears to be bulky and crude. Some good reports come of its use, both internally and externally. It has been recommended to be administered to typhoid fever patients, in malignant ulcerations of sore mouth and throat, where there is disposition to putridity, in scarletina, and in low fevers. The dose, about one-fourth of an ounce every two or three hours.

SULPHATE OF ZINC.—*Zinci Sulphus*.

Also called white vitriol, is valuable for many purposes. Three grains of sulphate of zinc added to two ounces of water forms a valuable wash for ulcers, old sores, etc. See elsewhere.

QUININE.

Quinine though so extensively used for many ages for so nearly every exhibit of disease, with all of its various forms of manufacture, is becoming less and less used every year. In fact, its use was always much overdone, and much to the worsement of the patients. There is no doubt but that many insane

persons, many blind, deaf, rheumatic, decrepit, and multitudes of others who are mal-dependents, are the victims of too much quinine—have been brought to the condition by taking quinine—as well as many helped to an untimely grave by its use.

Its best use is as an anti-periodic. It should not be given for this purpose till the functions of secretion and excretion are established—biliary secretion, alvine and urinary actions free, skin moist and tongue cleaning. When this is accomplished, it will be found in most cases, in fact about all cases, that the symptom calling for an anti-periodic remedy is wanting, does not manifest. Sulphate of quinia (sulphate of quinine) is the preparation of Peruvian bark giving the most harmful results. For the last fifteen years or more the writer has used the sulphate of cinchonidia, which is a preparation with the anti-periodic properties of sulphate of quinine, but with comparatively little of the undesirable properties of sulphate of quinine. The best mode of administering it, the writer considers best, is to combine it with equal parts of golden seal and capsicum. In this combination we obtain a stimulant tonic effect, really that which is most needed, with but little of the probable bad effects of the sulphate of quinia. From one to two grains of this combination being a dose, and every two to six hours the frequency of taking a dose. Usually three to five doses are sufficient, but in conditions of great feebleness, gastric disturbances and suggestions of periodic symptoms, its administration may be continued, a dose morning and evening for several days with much benefit. In conditions where the tissues of the body continue flaccid or flabby, and unduly moist, the above combination is very valuable. Dose for children according to age. In cases of chilly shakings, the body moist, every movement of the patient seemingly increasing the severity, the above combination gives good results in dispersing the condition, usually the first or second dose accomplishing it.

HOT WATER.

A remedy that can be obtained quicker than sending for a physician, that is harmless in every particular, cheapest of all remedies, and disperses pain and disagreeable symptoms incident to disease in less time than can be done with any other therapeutic measure, is *hot water*. And there are so few cases where it is not permissible, that it is difficult to name one.

It dispels pain, reduces swellings in any condition of inflammation, in any part. In any eye troubles bathing the eyes in hot water before applying any other remedy, in addition to its own relieving and curative action, it hastens the actions of other remedies that may be used. There are thousands of cases of sore eyes, every year, that bathing with *hot water* will cure, no other remedy whatever being used.

The pain, congestion, and swellings in *all* throat troubles, diphtheria, tonsilitis, croup and whooping cough, are more rapidly dispelled by a liberal use of hot water than any other means. Flannels wrung from hot water, applied to the throat and covered with a dry flannel—woolen flannel as it holds heat, is the best mode of applying it to the throat externally, gives immediate and permanent relief. For internal treatment of the throat, the hot water may be supped, drank or gargled. If threatened suppuration is present, the hot water reduces the swelling, lessens the tension, relieves the pain, and hastens the evacuation of its contents, and then cleanses the parts and hastens recovery. It must be used as hot as can be borne without burning.

In pulmonary congestion, pneumonia—lung fever, it should be applied by the same method as directed for the throat.

It is *the* remedy in treating small pox, and the patient may have a soaking hot water bath, using the water as hot as can be borne, the bathing beginning from the first knowl-

edge of the presence of the small pox, and a daily bathing, till the suppuration ceases. It is cleansing, it prevents delirium, and when present it disperses it. It prevents the foul odors, or if present it dispels them. It always hastens recovery, and prevents bad markings. It relieves that fearful itching and burning during desquamation or the drying up of the sores.

In any stage of measles, rubeola, scarlet fever, or scarletina, it lessens the intensity of the fever, favors the functions of the economy of the body, quiets irritation, it develops or brings out the eruption, prevents and removes delirium, and hastens a good and rapid recovery. Those cases that are called "black measles," will usually change to "red measles," and the severity of the disease will be greatly lessened by the administration of hot water baths, which should be preferably the sponge-bath. Supping and gargling hot water four or five times a day, in the above diseases, prevents severe sore throat which so frequently manifests, and if present, lessens its severity. Patients must be permitted cold water to drink, but if hot water is occasionally sipped, an undue amount of cold water will not be craved.

Hot water sitz-baths will arrest excessive menstrual flow and will promote the arrival of the tardy menses. The hot water sitz-bath and foot bath is a banisher of the pains, aches, and unpleasant sensations which sometimes manifest with the catamenial returns, and is also an elegant regulator of them.

Hot water sitz-baths, and hot water injections per rectum are unsurpassed and unequalled as curative agents in the treatment of leucorrhea, pains in the pelvis, and many other unpleasant developments associated with these parts.

Vigorous "physicing," hot water sitz-bath, and the "physicing" kept up moderately for three to five days and the

baths and injections repeated every day from four to ten days, will cheat the "appendicitis" operator out of a job much to the best comfort of your own body.

The hot water sponge bath taken before retiring to bed at night lessens the night sweats of the consumptive.

One of the best applications to sprains is hot water, hot as can be borne, and continued for thirty minutes or an hour duration each day as long as necessary.

The water, to give the desired benefit, should be as hot as can be borne or supped, and during the time it is being used as bath, or application by mats or rags wrung from it, the water should be kept as hot as can be borne.

PART EIGHTH.

SYRUPS, LOTIONS, OINTMENTS, LINIMENTS, ETC.

SIMPLE SYRUP.—PREPARATION.

Take of refined sugar, in powder, five pounds (avoirdupois), distilled water two pints (imperial measure). Dissolve the sugar in the water by the aid of steam or water heat. (It may be placed in a vessel, and this vessel closed and placed in some other vessel containing water.) It is nutritious, and when used as a food may be flavored as desired. In addition to it being nutritious, it supplies a convenient vehicle into which to incorporate medicines.

DR. JOSEPH COBB'S COUGH SYRUP.

“Take of vinegar of squills, eight ounces; tincture of lobelia, eight ounces; paregoric, two ounces; sorghum molasses, sixteen ounces. Mix thoroughly. Dose for an adult, a teaspoonful, and children in proportion to age. The frequency of taking is three or four times a day.

In a long experience in the treatment and cure of disease, extending over a period of more than fifty years, I have found no preparation or preparations possessing so valuable properties as the above for all purposes that a cough syrup is used, and in all cases that a cough syrup can be made sufficiently to

reach the requirements of a cough. It may be given to persons of any age. To infants and children annoyed with threatened croup, a dose may be given as often as every fifteen or thirty minutes, in severe cases, till four or five doses have been given if necessary. It clears the mucous accumulations from the throat, relaxes the parts, aiding in free respiration, and allays irritation.”—*Joseph Cobb, M. D.*

The above formula was given me by my husband, whose name it bears. A large portion of the time he was engaged in the practice of medicine extended over a period of time when the laity knew comparatively little of how to care for their health, which favored disease manifesting in severer type than at the present day, also they knew but little of how to care for the sick, hence it required far greater skill, and a broader and deeper range of knowledge to successfully treat diseases than at the present day, since there has been a more liberal distribution of the knowledge of prevention of disease and the care of the sick, and also the people being now more liberally supplied with suitable clothing and other comforts, which very materially not only lessens the amount of sickness, but the severity.

ALTERATIVE COUGH SYRUP.

This cough syrup meets the requirements in very many of the cases of aggravated and long standing coughs. No other medicines must be given while giving it.

Take sorghum molasses, one quart; fluid extract of yellow dock, two ounces; fluid extract of stillingia, two ounces; fluid extract of sarsaparilla, two ounces; fluid extract of may apple root, one ounce; tincture of buchu, two ounces; glycerine, four ounces. Mix thoroughly and it is ready for use.

Dose—Take one-fourth of a teaspoonful half an hour before dinner and half an hour before supper, every day for three

days. Then take one teaspoonful every third to every fourth night so long as needed. If the case is not out of the reach of benefit from medicine, disappointment will not be experienced from taking this remedy.

SYRUP FOR CHOLERA INFANTUM OF BABIES.

Take white oak bark and wild cherry bark, of each half an ounce; pour over this a pint of boiling water and let it boil up briskly once. Remove it from the fire and strain it. Add sugar to near make it a syrup. Then add two ounces of castor oil, four drachms of essence of peppermint, one drachm of essence of cinnamon, one drachm of tincture of golden seal, and one-half drachm of tincture of ginger. Mix well together. To a child a year old, give a teaspoonful of the mixture morning and evening.

SOOTHING SYRUP.

A syrup that is valuable for babies may be made at home as follows: Take about eight ounces of catnip, the leaves and tops, newly gathered while in bloom preferred. Place them in a jar and cover with a pint and a half of proof spirits, close and let remain for from five to eight days. Press out the dregs well. This preparation may be bottled to use when needed. When wanted to use, add one ounce of the above tincture to three ounces of simple syrup. This forms a soothing syrup that is good for babies. To a baby six weeks to two months old, half a teaspoonful may be given.

It quiets colic, and as a diaphoretic it is valuable in colds and fevers.

[In making any of the following preparations, smaller or larger quantities may be used, but the same proportions, must be kept.]

SYRUP OF YELLOW DOCK.

Take yellow dock, two pounds; false bittersweet, one pound; sugar sixteen pounds; water, seven quarts; and alcoholic tincture of capsicum, four ounces. The yellow dock and bittersweet may be placed in a porcelain lined vessel, the water poured over it boiling hot, and permitted to boil for five minutes, keep hot for two hours, then filter or strain. Add the sugar, and let it boil up a minute, removing any scum that may arise; let cool a few minutes, add the tincture of capsicum, and pour it into a bottle when it is ready for use. Keep it well corked. The dose for an adult is a teaspoonful, three times a day. This has been long used as a remedy for scrofula, boils and dropsy. The yellow dock and bittersweet may be obtained coarsely broken at any drug store, also, the tincture of capsicum can be obtained ready for use.

SYRUP OF SQUILLS.

Take vinegar of squills, eight fluid ounces; sugar one pound. Mix by gentle heat till the sugar dissolves. This is valuable as an expectorant in coughs and catarrhs, and as an emetic in affections of the air passages of infants. Dose for an adult, a teaspoonful, three or four times a day. Children in proportion to age, and as often as necessary.

HORSE RADISH SYRUP.

Pour a pint of boiling water on two ounces of grated horseradish root, let it boil for five minutes. Strain it and add a pound of sugar, let it boil up, and skim it if necessary, remove from the fire when it is ready for use. Dose for an adult,

a teaspoonful two or three times a day. Valuable in chronic irritation of the throat, catarrh, and obstinate colds and hoarseness.

SYRUP OF GARLIC.

Take bruised garlic bulbs, one ounce; boil it in two ounces of water, for ten minutes; remove the garlic and add two ounces of sugar and dissolve by gentle heat. Useful for catarrhal affections of infants, and for coughs. Also, useful for these affections in senility, having proved successful when other remedies have failed in some cases. Vinegar may be used instead of water. It is a mild stimulant to the nerves. Give often as necessary. A teaspoonful may be given to a child under one year old.

Onions may be used in the same way as the garlic, and makes a valuable preparation for the colds, coughs and hoarseness of children under ten years old.

SYRUP OF LOBELIA.

Take vinegar of lobelia, eight ounces; and sugar, one pound and a half. Mix and dissolve by gentle heat, keeping it hot for an hour or more, removing any scum that may arise. Remove from the fire and it is ready for use. This is found useful in those "stuffy" colds, cold on the lungs, and catarrh of children, threatening croup, and especially very young children. Dose for a child a year old, a teaspoonful as often as necessary—every half-hour in great severity, to one hour, lengthening the time as betterment ensues.

SYRUP OF HOREHOUND.

As much leaves of horehound, fresh gathered or dried, as can be put in a cup, fill the cup full of boiling water, and let it boil for ten minutes; then strain it, and add sufficient honey

or sugar to make a syrup. I have given this preparation in cases of obstinate cough accompanied with a tingling soreness in the throat and over the lungs in children, obtaining good results which other remedies had refused to give. Dose of the preparation for a child five years old, a teaspoonful, four or five times a day.

SYRUP OF WILD CHERRY.

Take one pound of coarsely ground, or broken bark of wild cherry, add to it a quart of water and boil it for fifteen minutes; then strain it, and add equal parts of honey and sugar to make a syrup, boil five minutes, remove any scum that may arise, remove from the fire and add one drachm of tincture of capsicum, and it is ready for use. This is a valuable sedative tonic, for those atonic conditions accompanying affections of the lungs, also as an aid to convalescence from long continued or low fevers. Dose: A teaspoonful three times a day, before meals; children in proportion to age.

SYRUP OF GINGER.

Add two fluid ounces of the best tincture of ginger, to two pints of simple syrup. The dose for an adult is a tablespoonful three times a day, or as often as necessary. To children in proportion to age. To a child ten months old, one-fourth of a teaspoonful may be given three times a day. It removes flatulency, and gives tone to the stomach and bowels. A heaped teaspoonful of the ginger in powder may be added to the syrup, if the tincture can not be easily obtained.

LEMON SYRUP.

Take simple syrup, one pint; citric acid, one drachm. Mix, and add fifteen to twenty drops of oil of lemon. This makes a refrigerating drink, added to water or other fluids, for the sick. Fresh lemon juice is superior to citric acid.

SYRUP OF BALSAM PERU.

Add one fluid ounce of balsam peru to warm simple syrup, two pints. Mix thoroughly together. The dose for an adult is a teaspoonful three or four times a day. Children in proportion to age. Useful in laryngial affections, chronic catarrh, cough and bronchitis.

COFFEE SYRUP.

Take of coffee, roasted and ground, one pound; add one and a half quarts of boiling water and boil this briskly for ten minutes; set it aside for ten minutes, then strain it. Take eight pounds of simple syrup and reduce it to six pounds by boiling, removing any scum that may arise. Then add the coffee infusion, and when sufficiently cool, pour it in a jar, close it and keep it in a cool place. It is ready for use. It keeps suitable for use for a long time. Two tablespoonfuls added to a cup of boiling water and an addition of sweet cream or milk makes a palative drink. This is beneficial in cases of typhoid fever, cholera infantum and any wasting diseases. It is convenient for use for camping out and picnic parties.

SYRUP OF TOLU.

This can be made by adding one and a half fluid ounces of tincture of tolu to a pint of simple syrup. Dose, from a fourth of a teaspoonful to a spoonful, for an adult, three to four times a day. Children in proportion to age. Useful in coughs, and to add taste to other medicines.

COUGH MIXTURE.

Take pure hog's lard or unsalted butter, sorghum molasses, strong apple vinegar, of each, two tablespoonfuls; alum, one-eighth a teaspoonful; licorice, one-fourth of teaspoonful. Mix. This is an old domestic remedy, much used by country moth-

ers, twenty years ago for relieving children of that harsh, hoarse, croupy cough appearing among children after an out day's exposure on a sudden colding of the weather, this cough manifesting about bed time, when everybody wanted to go to bed, about midnight its discordant music rang out. There is no doubt that many a child's life was saved by its administration.

CREAM SYRUP.

Take pure sweet cream, and simple syrup, equal parts. Mix. To a pint, add a teaspoonful of vanilla flavoring, pine apple, or sherry wine. It is nutritious and palatable, and may be partaken of alone, or used to accompany well cooked rice, rice flour, tapioca, or with fruits.

Dissolve fourteen pounds of powdered white sugar, in one gallon of *sweet cream* without heat. Bottle, or close in glass jars, and place on ice. It will keep eight or ten days. Serve with any kind of fruit, which may be frozen in the syrup if liked.

NECTAR CREAM.

Cream syrup, six pints; essence of vanilla, one teaspoonful; essence of lemon, a teaspoonful; sherry wine, one gill, and pine apple syrup, one pint. Mix, and give a suggestion of color with cochineal, if desired, and freeze.

LOTIONS.—WASHES.

[These preparations comprise infusions, teas, and solutions for external applications, when it is necessary to apply medicines in that way.]

GOLDEN SEAL LOTION.

Golden seal a teaspoonful, added to a pint of boiling water and permitted to boil up brisk a minute, remove from the fire

let it stand a few minutes, then strain it. This makes an excellent application, or wash, in many cases of sore eyes; also it is a good wash for many other sores.

EYE WASH.

Spirits of camphor, ten drops, added to half a teacupful of water, makes a valuable wash or bath for inflammations and granulations about and in the eyes. It should be administered morning and evening, and a little should be permitted to enter the eyes. Upon this first entering the eyes a burning sensation is experienced, but in a minute or two this is followed by a most soothing relief, and this by a general betterment, a real progressing improvement.

WASH FOR SORE MOUTH.

Take sage leaves, dried or fresh picked, as much as will fill a pint cup; fill the cup with boiling water and permit it to boil three to five minutes. Remove it from the fire and strain it; add sufficient sugar to make it near a syrup; add half a teaspoonful of golden seal in powder, and half as much borax in powder. It is now ready for use. There is nothing among remedies of which the writer knows, that at all approximates this for curing the sore mouth of infants, called thrush, which ailment is frequently mistaken for cholera infantum. It is also useful as a gargle in conditions of sore throat, inflamed tonsils, uvula, and adjacent parts. When the child is old enough to do so, it may gargle a portion of the remedy, but when such is not the case, it may be applied by means of a cloth over the finger, or by a mop-swab, as for washing out the throat of the child, if the throat be sore. It is not harmful and may be used freely.

GOLDEN SEAL AND GUN POWDER LOTION.

Take a strong decoction of green tea (table tea) and golden seal tea, of each, half a pint; add gun powder and sulphate of zinc, of each, one drachm. Mix all together and let stand twenty four hours, and then strain off the clear liquid, which is the part used. It is valuable for sore eyes of long duration.

It is positively claimed that it will remove the white spots that sometimes are seen to appear on the cornea.

The preparation has been much used in domestic practice. The original prescription, somewhat varying from the above in minor ways, was first given in Prof. John King, M. D.'s old Family Practice, a book he wrote for family use many years ago, and although it is now behind the times, no other work of the kind has ever been sent out that at all approximated it in value, until the publication of this Medical Adviser.

BATH FOR SPRAINS, ETC.

Brandy, vinegar and water, of each, two ounces; salt, a heaped tablespoonful. Mix. This is valuable for bathing swelled or sprained parts. It should be applied hot.

FOMENTATIONS.—POULTICES.

GENERAL OBSERVATIONS.

Fomentations or poultices are used for relaxing and relieving affected parts by aiding in relieving congestion, favoring circulation and lessening pain in the injured, swelled and inflamed parts. For this purpose hot water, hops, tansy, mint, feverfew, sage, bran, capsicum, lobelia, arnica, slippery elm, mullein, mustard, beans, potatoes, linseed meal, corn meal, and bread and milk are used. The application should be made *hot*.

Any of the herbs used for this purpose may be placed in a container, a silk or woolen fabric made into a bag, serves the best utility for this purpose, and the end sewed or tied. Then

the container held in boiling water for a few minutes, the surplus water squeezed out, the poultice applied to the affected part desired to be relieved, over the abdomen, the chest, or it may be bound to a bruised, sprained, or swelled joint.

An excellent application and one that retains heat and usefulness quite well, also adapted to remain in place and shape, is made by adding as much hops, or other herb desired to be used, to a quart of vinegar, as it will take up, and then add corn meal to obtain the consistence of mush. It may then be placed in a container and applied. The poultice should be one or two inches thick.

Another excellent application is composed of bran, to each quart of which has been added one teaspoonful each of capsicum and lobelia in powder, thoroughly mixing these in the bran, then moisten with boiling hot vinegar or water. Place it in a container and apply hot as can be borne. This is an excellent application over the chest in inflammation of the lungs, over the throat in conditions of sore throat, and over the abdomen in colic, or inflammation of the bowels. In conditions of inflammation of the bladder, a handful of buchu leaves added to the above mixture, and the poultice applied over the region of the bladder, gives a quick and excellent relief.

Teas may be made from any of the above herbs, kept hot, and applied by means of a mat, a thick woolen cloth folded five or six thicknesses. This mat may be dipped into the hot tea, the excess squeezed from it, and then applied to the part desired to be relieved. Hot water may be applied in the same way.

Hops and boneset, mixed with corn meal sufficient, and moistened with hot vinegar or water, forms an excellent ap-

plication over the lungs in conditions of inflammation or over the throat.

Potatoes for poultices are cooked with the skins on, mashed with a fork, and moistened sufficiently with water in which they were cooked. Valuable for applying to some conditions of itching and swellings, especially those appearing about the feet and ankles of some people advanced in age.

SLIPPERY ELM POULTICE.

Slippery elm bark meal is moistened with hot water to the proper consistence for making this poultice. A little lobelia and capsicum in powder added, improves its efficacy. It is valuable for hastening the evacuation of boils, to reduce some types of swellings, to reduce inflammation, relieve pain, and favor repair in conditions of ulcers and painful tumors.

FIG POULTICE.

Boiled or roasted figs have been recommended as an excellent application to boils, buboes, carbuncles, etc.

ANOTHER POULTICE.

Vervain, senna, and white pepper, equal parts, mixed with the white of egg, is recommended to allay pain and promote the absorption of effused blood in conditions of bruise. Apply to the part as a plaster, and renew sufficiently often to prevent drying.

HOT WATER FOR HURTS.

Hot water, hot as can be borne, either alone or combined with equal parts of spirits of camphor and essence of peppermint, the affected part immersed in it, or applied by means of a silk or woolen mat, as above directed gives speedy relief from pain, removes soreness, relieves swellings from bruises and sprains, and removes discolorations. In all cases where a

bruise has been of much severity, there is destruction of tissue, and the tissue so destroyed—or so killed, must be eliminated, must be carried off by means of the circulation—and in conditions of great degrees of severity it takes *time* to do this, as there is no magic way of doing it. Bathings in hot water applications of equal parts of spirits of turpentine, spirits of camphor and essence of peppermint, frequently applied, a little castor oil added should disposition to blister manifest, and *sweating*, are the very best aids in favoring the removal, and also the surest means of preventing blood-poison.

ROTTEN APPLE FOR HURTS.

Rotten apple has been recommended for removing soreness from injured and bruised parts.

It is said that if molasses is used to moisten mustard for a plaster, that it will heat without blistering. For purposes of neatness a very thin cloth may be placed next the skin.

Mustard, the ground seeds, two parts, and flour one part, mixed with equal parts of vinegar and water, and applied direct to the skin gives the most speedy relief from pain, and removes discoloration from injuries and bruises. It is of excellent value as an application in the sickness called milk-leg.

THE HOT SAND BAGS.

The sand bag is superior to the bricks, glass bottles, or irons, for applying heat not only to the feet, but to any part of the body. The sand holds heat splendidly, and it is soft and conforms to different positions, hence it may be placed or tucked anywhere about the sufferer without danger of hurting the patient in any way.

The sand may be dried and well heated by placing it in a pan and placing it in the oven of the stove, or, it may be dried and heated in a kettle placed over the fire.

INJECTIONS.

Injectons may be composed of plain hot water or may contain some medicine of some sort; they are designed to be introduced into the rectum or lower bowel, and the urinary and vaginal parts, per mouth of these organs. They are valuable in the treatment of many diseases, in fact there are some conditions of disease that are not readily and permanently treated without them. Injectons per rectum are valuable in all forms of fevers, diarrhea, dysentery, cholera, cholera infantum, cholera morbus, bilious colic and cramp colic, and constipated conditions of the bowels.

Plain hot water, from a pint to a quart, according to the age and the size of the patient, is valuable in all fevers, diarrhea, dysentery, cholera, cholera infantum, cholera morbus, bleedings from the bowels, constipated condition of the bowels, and cramp and bilious colic. In hemorrhage from the bowels, hot water, a quart, turpentine one fourth of an ounce, and sweet oil or castor oil one ounce, used as injection per rectum and repeated in two hours, if necessary, gives the desired relief. The above has caused the expulsion of tape worm and other worms. Hot water a quart and glycerine an ounce, mixed, makes a valuable injection in cases of obstinate constipation. A soapy water may be used in some cases.

For the removal of pin worms, take of mandrake, half an ounce; and quassia in coarse powder, an ounce. Add boiling water, two pints, and let boil five minutes. Then strain it. A gill of this may be used for a child three or four years old. For an adult, one pint for an injection, and repeated in six hours if necessary. This remedy was first recommended by Prof. John King, M. D. many years ago.

Hot water, a quart, to which has been added a fourth of an ounce of turpentine, has been used for the successful removal

of pin worms. It was first used by accident for itching of the rectum, with the result of the removal of pin worms.

ANTI-SPASMODIC INJECTION.

To one quart of hot water add tincture of lobelia and tincture of capsicum of each, one drachm. Use hot as can be borne. For an infant, a gill of the preparation may be used; for an older child, half a pint; and for an adult, use a pint as injection per rectum. This is valuable and may be used in all cases of spasmodic action, convulsions, in epilepsy, in lock-jaw, or conditions of rigidity when relaxation is necessary. It may be repeated in twenty or forty minutes if necessary, if the severity of the case requires it.

A strong infusion or tea of white oak bark serves a most excellent curative purpose in many annoyances. Its value depends on its astringent and tonic properties. And on this account it gives a curative effect in conditions of leucorrhea, gleet and gonorrhea; and because of these same properties it is also valuable in curing the diarrheas of children which occur during the summer months, chiefly due to the prostrating influence of the heat.

In those conditions where children affected with summer diarrheas present great flaccidity of the tissues and undue moisture, which is usually the case in these conditions, a teaspoonful of the tea may be given to the little one by mouth once a day. A gill of the tea may be added to the hot water used for sponging the body. In all of the above described conditions there is undue relaxation of the mucous membrane and too profuse secretion, showing deficiency of tone, in all of which conditions this remedy gives the desired relief and cure.

Golden seal, a teaspoonful added to a pint of boiling water, let it stand for an hour where it will remain hot, remove it from the fire and strain it; then add one grain of sulphate of

zinc. This preparation makes the best and speediest curative injection in conditions of leucorrhea or whites, in inflamed conditions of the inner walls of these parts, from which discharges appear, and in ulcerated conditions; also for condition of gonorrhea and gleet. Use the injections as hot as can be borne and repeat it once a day to twice a week so long as necessary.

INFUSIONS.—DECOCTIONS.

GENERAL OBSERVATIONS.

Elaboration in pharmaceutical preparations is not always an improvement, in fact is frequently an impairment or perversion of the best and most desirable properties of the drug. Elaboration in pharmacy has become almost a fad, much to the detriment of many valuable remedies, as well as injury and injustice to patients. While remedies so prepared may exhibit a more refined appearance than an infusion or decoction, much disappointment is met in administering many of them that is not realized in the administration of the more simply prepared decoction or infusion. Alcoholic preparations many times certainly do not contain the medicinal property of the drug, and to this is probably due in many cases the failures to cure by administering them, and doubtless to this also is due the large quantity of drugs consumed annually without giving a proportionate curative result. People have been led to believe that nothing but "shop made stuffs" are of any value, which is a grave mistake, and frequently to their own disadvantage. But this is not to imply that a person may boil up everything of which he may hear, and fill his system with that of which nothing is known of its properties.

There is a vast superfluity of preparations—preparations of no utility whatever, as well as many that are harmful, and

quite a few that are really a reproach to any pretensions of knowledge of curative remedies.

The value of many good remedies administered in so crude a form as a decoction seems to be, is not purely imaginary, but will give unmistakably good results. Every family can supply itself with many valuable remedies and prepare them in an infusion or tea, for preventing serious attacks of sickness and for curing many ailments, much to its own betterment in every way.

In preparing these teas the amount of drug used is usually from an ounce and a half to two ounces to a pint of water. The dose is from a fourth of a teaspoonful of the tea or infusion, to a cupful, according to what the remedy is, the age of the person taking it, and the effect desired to produce.

Infusions are usually made by adding boiling water to the medicinal agents and permitting them to keep hot for some time though not boiling. Some medicines are more valuable prepared in this way than any other. The only objection is that it must be taken in larger doses, or quantity, though this is of no importance, for if a person wants to get well, this is a small matter to squabble about.

INFUSION OF SAGE.

Take sage leaves and hysop leaves, of each half an ounce ; add to them a pint of boiling water, let keep hot for thirty minutes, or boil up for five minutes; then strain it and add honey or sugar sufficient to make a syrup and add an even teaspoonful of borax. This is valuable in any type of sore throat as a gargle, or as a wash used or applied by means of a mop-swab, and for a wash for sore mouth this is suitable for persons of any age.

HOARHOUND TEA.

Hoarhound tea or infusion is an old domestic remedy, and one that age of knowledge of it has not impaired its value. Taken hot it produces perspiration, and from this influence it is beneficial in colds, hoarseness and coughs from cold. After drinking the tea, if the body is kept cool for a while, it is said that its effect is to increase the flow of urine, and on this account it is of value in conditions of dropsy and other kidney troubles. About a fluid ounce, two or three times a day, is the dose and frequency of taking for an adult. A strong tea made, and honey or sugar added to make a syrup, makes a valuable remedy for children affected with colds, coughs and hoarseness. A tablespoonful is a dose for a child from three to five years old.

COMPOUND INFUSION OF PARSLEY.

Take of parsley, roots and seeds, one ounce; squill, juniper berries, white mustard, mandrake root, and queen of the meadow root, of each one ounce. Crush the mustard seeds, and the other articles can be procured from the drug store in coarse powders, or coarsely broken preferred; place them in a porcelain vessel and add three quarts of boiling vinegar, close the vessel and expose it to moderate heat for twenty-four or thirty hours. Do not permit it to boil. Remove from the fire and bottle drugs and liquid together. The vinegar or cider must be the apple cider or vinegar, and must not be too hard nor too new, but sparkling and pleasantly tart. This is useful in dropsies, increasing the eliminating and excreting function of the urinary organs, regulating the habits of the bowels, improves the digestive function and promotes the activity of the absorbent vessels. It is best taken in doses of about one-fourth of an ounce every third day. This preparation is a modified preparation from one originally used by Prof. John King, M. D.,

many years ago. In addition to it being beneficial in conditions of dropsy, it is valuable to those persons exhibiting an engorgement of the system, which is manifested by great prominence of the abdomen and the general body presenting a swelled or stuffed appearance.

LINIMENTS.

[Liniments are a combination of remedial agents for local application to pain, swelled, inflamed or torpid parts, rheumatism, and various aches and pains, these preparations frequently being a boon in a family.]

STILLINGIA LINIMENT.

Take of oil of stillingia, four ounces; oil of cajeput, two drachms; oil of lobelia, one drachm, and alcohol, one ounce. Mix. This may be applied over the outside of the throat, and well around the ears, over the region of the tonsils, over the chest and down between the shoulders, in any condition of sore throat, especially of diphtheria and enlarged tonsils, asthma, or lung troubles. The above is a modified and improved preparation for the stillingia liniment.

COMPOUND STILLINGIA AND SALT PETRE LINIMENT.

Take of oil of stillingia, four ounces; oil of cajeput, two drachms; oil of lobelia, one drachm; alcohol and spirits of camphor, of each, an ounce; aqua ammonia, one-fourth of an ounce; and two tablespoonfuls of salt petre, and essence of peppermint, four ounces. In addition to the above uses, in conditions of sore throat, or enlarged tonsils, even where the tonsils are about swollen together, it rapidly reduces the swellings. It also serves a good purpose applied to swelled joints and rheumatic aches and pains. Apply it three or four times a day.

A LINIMENT FOR ALL AROUND PURPOSES, IN A FAMILY.

Take spirits of turpentine, six ounces; aqua ammonia, and spirits of camphor, of each, three ounces; tincture of capsicum, two ounces; salt petre, four teaspoonfuls; and oil of peppermint, one ounce, and vaseline, two ounces. Mix well. I know of no preparation for local use that reduces swellings as quick as this liniment. It is useful in cases of diphtheria, enlarged tonsils, common sore throat, rheumatic swellings, sprains, bruises and any aches and pains for which a liniment may be used.

AMMONIA LINIMENT.

Take aqua ammonia, spirits of camphor, spirits of turpentine, and vaseline, of each, two ounces. Mix. This is valuable as an application to sprains, bruises, rheumatic aches and swellings, swelled tonsils.

A CHEAP LINIMENT.

Dissolve one ounce of camphor gum in a pint of coal oil. Apply it externally. It gives relief to many aches and pains. A little castor oil may be added to prevent blistering, as coal oil blisters some sensitive skins.

RHEUMATIC LINIMENT.

Oil of peppermint, two drachms; saltpetre, one half an ounce; and sweet oil, half a pint. Mix and apply twice daily.

A DIFFUSIVE LINIMENT.

Alcohol and spirits of turpentine, of each a pint; saltpetre, camphor gum and salt, of each, two ounces; and water, half a pint. Mix, and shake the bottle each time before using.

LINIMENT FOR STIFF JOINTS.

A tablespoonful of capsicum added to a quart of vinegar, is hardly equaled for relieving rheumatic aches and swellings, sciatica, lumbago, swelled and stiff joints, and contracted joints.

ANOTHER LINIMENT FOR STIFF JOINTS.

Oil of spike, six ounces; spirits of camphor and spirits of turpentine, of each two ounces; tincture of capsicum four ounces; and oil of cedar two ounces. Mix. This is an excellent nerve and bone liniment.

A STIMULATION FOR STIFF JOINTS.

Take olive oil, three ounces; oil of peppermint, one-half an ounce; tincture of capsicum, one drachm; spirits of turpentine and spirits of camphor, of each two ounces; glycerine, four ounces. Mix, and apply freely all the stiff joints or swellings will take up, morning and night. This liniment is also valuable applied all over the abdomen in conditions of cholera infantum, cholera, peritonitis, and other abdominal troubles, once or twice a day, according to the severity.

AN EXCELLENT LINIMENT FOR STIFF JOINTS.

Take essence of peppermint, four ounces; spirits of camphor, one ounce, glycerine and castor oil, of each, three ounces. Mix. This is invaluable as a local application in conditions of cold, sore throat of any type, enlarged tonsils, ear ache, applied around the ear and applied on cotton in the ear, applied over the region of the lungs in pneumonia, lung fever, over the nose, up between the eyes and over the forehead in colds, and applied over swelled joints, sprains, over swelled, sore, painful and aching parts of any part of the body.

A FAMILY LINIMENT.

Take spirits of camphor, aqua amonia, tincture of arnica, spirits of turpentine, of each, one ounce; essence of peppermint, two ounces; tincture of capsicum, half an ounce; castor oil, half an ounce; chloroform, one ounce. Mix and it is ready for use.

This is a most efficient pain banisher, in any painful swellings, bruises and soreness consequent, and numerous other uses will be found for it, and once used in a family they will not be found without it.

EVERYBODY'S LINIMENT.

Take spirits of camphor, one ounce; glycerine, four ounces; oil of cedar, one ounce; aqua ammonia, two ounces; laudanum, one ounce; and essence of peppermint, four ounces. Mix and it is ready for use. Inflammatory or edematous swellings, in tonsilitis, sore throat, diphtheria, pluritis, pneumonia, peritonitis or child-bed fever, strains, sprains and felons, it removes the congestion and engorgement from the parts affected and favors nature in letting the blood circulate to and in the affected part on its mission of healing. It is invaluable applied to boils, carbuncles, and formative abscesses when they have not opened their faces. Use the glycerine alone in all cases where there are open sores. It relieves suffering quickly, hastens and promotes a cure. It is diffusive and its effect is immediately experienced, and its benefit continues.

COAL OIL, ITS VARIOUS USES, OLD AND NEW.

Coal oil, in addition to its usefulness in lighting our dwellings, appears to be gaining prominence as a remedial agent—appears to be shaking off its uncanny garb of being dubbed “the old woman’s remedy,” and is assuming the more dignified (?) position, perhaps, of a scientific remedy; but whether

it will retain its usefulness, should it ever become fully initiated into the scientific ranks, remains to be seen, as many remedies that when they were wearing their old homely garb of "domestic remedy," seemed to be more potent than since they have sold their birthright.

Its use has been experimented with in cases of consumptives. It was claimed that twenty drops taken once a day disperses obstinate constipation. Also that taking it for eight or ten days was followed by a feeling of betterment throughout the system.

It is quite a utility article for cleansing about the house wherein we eat and stay—part of the time. For cleaning oil-cloths, it is effective and does not destroy the face-finish, as does soap and other like preparations. The sewing machine runs more smoothly after having been cleaned with it, and its parts wiped free from it, then oiled. The obstinate, sticky accumulations in the wash basins or bath tubs are quickly removed by its application.

OINTMENTS, OR SALVES.

These are remedies for applications to sores of various kinds, ulcers, boils, bruises, swellings, felons, and like manifestations. They are constituted of certain medicines incorporated into some fatty or oily materials. If kept too long some of them become unfit for use, as age impairs the properties of some remedies. The fatty pabulum may become rancid from age. Pure hog's lard, beeswax, vaseline and castor oil form the best pabulum for most all ointments.

CAMPHORATED VASELINE.

Vaseline, one pint; camphor gum, two ounces. Mix well by gentle heat.

This forms a curative dressing to many hurts, chafed skin, chapped hands and face, and cold sores in the nasal cavities, and on the face and lips. Essence of peppermint greatly improves its curative properties. Two ounces added to the above quantity, is sufficient.

RESORCIN OINTMENT.

Take resorcin, two grains; lard, one ounce; yellow bees-wax, a fourth of an ounce. Melt the wax and lard together by mild heat, remove from the fire, and when it has cooled a little, add the resorcin and stir till cold. This forms a soothing and healing application to sores about the ears and nose of children, and pimply eruptions about the face which sometimes annoy young girls and young boys. Also, dry rough-like soreness which sometimes appears on the scalp. The parts must be washed with castile soap and water before applying the ointment.

A HEALING OINTMENT.

Glycerine, two ounces; capsicum, one-fourth of an even teaspoonful; golden seal an even teaspoonful. Mix. This is an excellent application to any slow healing sores.

SOOTHING OINTMENT.

Take simple cerate, bees-wax and rosin, of each, two ounces. Mix by mild heat. Remove it from the fire and thoroughly mix into it, two ounces of gum camphor, half an ounce of laudanum and one drachm of oil of peppermint, and stir till cold. The camphor gum must be shaved fine that it may dissolve quickly, and should be put in the mixture sufficiently long enough to dissolve before the other remedies are added. This ointment is a healing and soothing preparation for sores of almost any variety, boils, carbuncles, painful

ulcers, cuts, and any wound that disposes to be painful or slow healing.

Cleanse the part affected with water and castile soap before applying the ointment.

DOMESTIC SALVE.

Take pure hog's lard, four ounces; camphor gum, two ounces; rosin and bees-wax, of each two ounces; turpentine, one drachm; laudanum, half an ounce; oil of peppermint, two drachms. Mix by mild heat the lard, beeswax and rosin; remove from the fire and while hot shave finely the camphor gum and permit it to dissolve; then when it is cooling add the other remedies and stir it till cold, when it is ready for use. Place it in a large mouth glass jar and keep closed when not using from it. It is valuable in the above conditions, and in almost any condition where an ointment is needed.

STICKING SALVE.

Take rosin, ten ounces; mutton tallow, two ounces; bees-wax, one ounce; dissolve these together by mild heat, remove from the fire, and while it is hot add two ounces of camphor gum shaved fine, and permit it to dissolve; then add half an ounce of laudanum and two drachms of oil of peppermint, continually stirring while adding them, and stir till cool. Then dip it in water and make it into a roll. It may then be covered with a piece of cheese cloth or other cloth as desired. When using it apply a portion sufficient on a piece of clean cloth, and place it smoothly over the affected part.

This is a valuable application to boils, carbuncles, chaps, cracks or fissures and sores, especially those from exposures to cold, abrasions and injuries to the hands so common to laborers, and in husking corn, handling the dry fodder and the other dry feeds, and many other hurts.

OINTMENT FOR SALT RHEUM AND VARIOUS SORES
ON THE HEAD.

Take sweet oil, a pint; sal ammoniac (chrystals), two ounces; mutton tallow, three pounds; bees-wax, one-fourth of a pound; rosin, half a pound. Mix the rosin, bees-wax and mutton tallow by moderate heat; then remove it from the fire, dissolve the sal ammoniac in just sufficient water to dissolve it, add to it the other mixture, and stir all well together.

This cures some cases of salt rheum, and sores about the head. Wash the parts before applying it.

POKE OINTMENT.

Take extract of poke, one drachm, soften it with a little water, if necessary, and mix it thoroughly with one ounce of lard. This has been recommended as being valuable in malignant ulcers, scald head and itch. The writer has known of it curing itch and dry scald head. It may be profitably applied to swelled and stiff joints.

OINTMENT OF ST. JOHN'S WORT AND STRAMONIUM.

Take the tops and flowers of St. John's wort and the leaves of stramonium, of each half a pound, and simmer in one pound of pure hog's lard for half an hour. Strain it and add two drachms of oil of peppermint, constantly stirring it till quite cool to mix well, then place it in a jar for use. Apply it hot. This is valuable to apply to any hard tumors, as caked breasts, over the region of enlarged tonsils, over swellings from sprains. Applied to bruised and discolored parts, it is said to remove discoloration and relieve soreness.

SULPHATE OF ZINC OINTMENT.

Take sulphate of zinc, one teaspoonful a little more than even; pure hog's lard, a large teacupful. Warm the lard to

not completely dissolve, and then thoroughly mix the sulphate of zinc in it. Add fifteen drops of oil of lavender, and it is ready for use.

This ointment applied from twice to once a week, will cure that form of scald head that manifests in open ulcerating, offensive sores, and will do so without the loss of the hair, without cutting the hair no matter how long it may be. The scalp must be washed with hot water and castile soap, and well dried before applying the ointment. Apply the ointment at night. This formula was given to me by my husband, Dr. Joseph Cobb, who I know had the above success with the remedy in the cases described above, as well as myself. Rarely more than two applications are necessary.

OINTMENT FOR SCURFY SCALP.

For removing a scurfy formation that sometimes manifests over the scalp of children's heads, and which cannot be defined as a special manifestation of disease, but rather an excess of oily secretion filled with dirt and permitted to remain, thus causing an excoriation. The following preparation cures the disturbance: Take vaseline, one ounce; resorcin, two grains. Mix well. Cleanse the parts with castile soap and water, dry and apply the ointment sufficient to moisten, let it remain for twenty-four hours, cleanse, and repeat the application if necessary.

BALM OF GILEAD OINTMENT.

Take any quantity of balm of gilead buds, place them in suitable vessel for stewing, and pour over the buds, equal parts of melted lard and sweet oil, sufficient to cover. Stew the mixture for ten minutes, press out the oil and bottle for use. It is useful for cuts, bruises and sores.

OINTMENT FOR BRUISES.

Take one drachm of oil of sweet almonds; two ounces of lard, and one ounce of strong aqua ammonia. Mix the oil of almonds and lard by moderate heat, remove from the fire, and when slightly cold add the ammonia stirring while adding it to mix well. Keep it well corked and away from children. This preparation when applied to the surface of the body, vesicates quickly, and for this reason it has been used by some people to apply over badly bruised surfaces, and enlarged tonsils to remove the tension from the part by withdrawing the fluid to the surface, thus giving relief. I have not used it.

SULPHUR OINTMENT.

Mix sufficient sulphur in any quantity of lard to make a thick ointment. This applied over swelled joints, neuralgia, sciatica, rheumatism, and gout pains, removes the swelling and relieves the pain, in some cases.

WOOD SOOT OINTMENT.

Take wood soot, one part; pure hog's lard, three parts by bulk. Mix well. This ointment has proved beneficial and curative as a local application to papulous or pimply eruptions, itchings about the vulva, syphilitic ulcers, and various scrofulous sores, burns and scalds.

ELDER SALVE.

Cut finely the inner bark of elder, place it into a granite vessel, and cover the bark with equal parts of sweet oil and pure hog's lard, and let it simmer for half an hour; remove it from the fire, strain it and add one ounce of beeswax to a pint, and one ounce of pulverized camphor gum; when this is dissolved place it in a large mouth bottle and keep it well closed. This is an old time domestic remedy, and is a valu-

able preparation to have in a family, especially when there is growing children. Apply it to sores behind the ears, over the scalp, to open faced ulcers, and to sores. It is also a curative application to hemorrhoids or piles.

FOR DRY TETTER.

This affliction has proved very difficult and obstinate to cure, resisting various medications. The treatment that proved the most successful in permanently and quickly curing this disease, to my knowledge, is a homely one, and one not easily obtained. The remedy is the old fashioned indigo blue dye, of our grand-mother's day. Washing the afflicted parts three times a day, is the mode of using. Like the discoveries of many of our best remedies, the discovery was stumbled onto. The writer obtained the information from an elderly lady who made the discovery as above stated. The method of preparing the dye, as the writer obtained it, is here given as it was obtained from its discoverer, for whoever is afflicted with this annoyance, certainly wants to be cured. The preparation of the remedy is as follows: Put one gallon of water into an iron kettle, add sufficient leached lye (from wood ashes) to make the water feel slightly slick as it is passed through the fingers; add to this, half a teacupful of red madder, and twice as much wheat bran from which the flour has been removed by sifting; confine a lump of indigo the size of an egg, and drop it into the mixture, cover it closely and set where it will keep warm till it smells strong, when it is ready for use. Use warm water in setting, or making it. Wash the afflicted parts with it at night before going to bed.

SULPHUR OINTMENT FOR CURE OF THE "SEVEN YEARS ITCH."

Take sulphur, two ounces; pure hog's lard, half a pound; soda, a heaped teaspoonful. Mix well. Wash the body with

soap and water, dry it and apply the ointment freely. Administer this just before going to bed; sleep in a loose gown, and the next morning, with a dry cloth, wipe over the body, removing the little that may remain clinging, and dress. Repeat the washing at night and again apply the ointment and repeat so long as necessary. It is seldom that the third application does not effect a cure. The old-fashioned home-made soap serves best for these washings, if it can be had.

FOR BARBER'S ITCH.

Wash the parts with hot water and castile soap, then apply to the affected parts the Soothing Ointment (see in this book), repeating the treatment as long as necessary.

EVERY DAY SALVE.

Mix by mild heat, twelve ounces of rosin; three ounces of each, of mutton tallow and beeswax. Remove from the fire, and while hot add two ounces of camphor gum crumbled or finely shaved, and when this is dissolved and the mixture is a little cool, add half an ounce of spirits of turpentine, half an ounce laudanum, one ounce of glycerine, and four drachms of oil of peppermint, stirring while adding to mix well. This should be formed into a stick shape and covered with cloth to keep it clean.

This is a valuable and convenient sticking salve for dressing sores, boils, carbuncle, and wounds. It is applied by placing sufficient on a cloth large enough to cover the affected part, over which it must be nicely smoothed, only permitting a little space uncovered for leakage, from the sore.

PART NINTH.

SOME CASES.—EMBODYING TYPICAL DEVELOPMENT OF DISEASES FREQUENTLY MET AND THEIR TREATMENT.

A CASE OF SUPPOSED HEART TROUBLE.

A man about forty years of age, of robust build, weight one hundred and ninety pounds. Health has been generally good till within a few months. Is not confined to bed, appetite good and feels well except a disagreeable fullness about the heart, and stinging numbness in the feet, especially soles of the feet. The patient has been a candidate for office and has just passed through a political campaign, his occupation being a commercial pursuit which confined him indoors.

The above conditions are frequently met among the above class of people and especially among those burdened with excess of fat or lymph, and those disposed to take but little muscular exercise out in the fresh air, and to confine closely to business.

The patient has been living fast, especially since entering the political campaign, has been thinking much, talking much, and eating *too much*; the engine has consumed at a rapid rate, leaving much ashes, soot, frazzles, and muck or gum, which not having been kept cleaned out has become a burden and a clog to the circulation, and the machine objects to run-

ning under such pressure; the attentions of the patient being so thoroughly and constantly occupied in other directions that keeping the machine clean was neglected, till the jog or reminder came in the above unpleasant manifestations.

The cleansing of the machine, *clearing out of the rubbish*, was the first need, followed by taking proper rest from the excitement and press of business, and muscular exercise engaged in to favor the system in ridding itself of the cloggings or detritus, thus affording the opportunity for the economy to gather up its energies for continuing life. This part of the treatment is essential to obtain a cure, the medicine is in aid. The following medicine gave the desired aid to get well: Glycerine, and simple syrup, of each, three ounces; tincture of buchu, one ounce; sweet spirits of nitre, one half an ounce; podophyllin one grain; and fluid extract of cascara, an ounce. Mix, and shake the bottle each time before taking a dose. A tablespoonful (for a patient of about the above size) was given every four hours till three doses had been taken, this being sufficient to produce four or five free alvine discharges. Then continued taking a dose every fourth or fifth night till restored. The body was sponge-bathed every day, using hot water and plenty of soap, and the feet soaked in *hot* water, for an hour each day, or just before going to bed. Treatment followed by early recovery.

A CASE OF MELANCHOLIA PROMISING INSANITY.

Patient melancholic, nervous irritability, and loss of mental control almost to the verge of insanity, these conditions more prominently manifesting just before the catemenia. Bowels almost continually constipated, urine scant and offensive, breath fetid, skin thick, nasty colored ashen-greenish tinge, appetite

variable and capricious, imperfect digestion and but little assimilation.

The above condition was due to an all round neglect of any attention to the care of the health.

A hot water sitz-bath, water hot as could be borne, and extending well over the abdomen to near the waist line, keeping the water hot during the bath which continued ten minutes, finishing with sponge-bathing the remainder of the body, and the patient then placed in a comfortable bed, the nervousness began disappearing. A dose of the following given, the patient left to sleep for the night, which resulted. The next morning, the remedy was begun again and given every six hours till free alvine action was seen: Simple syrup and glycerine, of each, two ounces; fluid extract of aromatic cascara and tincture of buchu, of each, one ounce; sweet spirits of nitre, half an ounce; podophyllin, one grain, and essence of peppermint, half an ounce. Mixed. This was the remedy given, and all that was given. After the above given action, much betterment ensued every way, recovery promising.

Beginning again two days after the above action was produced, the taking of the medicine was continued, taking a dose from three times a week, the first month, to twice a week, till recovery was complete, the medicine not needed the third month. The baths continued the same frequency. A tablespoonful of this mixture was the dose given. Foods agreeably pleasant, environments congenial, reasonable exercise, and purposeful occupation are helpful in curing such a case, and also somewhat helpful in preventing it.

A CASE OF SUPPOSED CANCER OF THROAT AND MOUTH.

In ulceration of the soft palate and fauces and sores in the mouth the condition may arise, when mild, from a general

condition of biliousness and inactivity of the urinary excretions; extensive and prolonged cases may be due to the tobacco habit, chiefly smoking, or it may be due to syphilitic poison in the blood. On examination there is frequently found little nodulated or papulous appearances, perhaps ulcerated and discharging, or destruction of tissue progressing without much discharge. The voice suffers, the patient becomes pale, emaciated, and there is a haggard expression if permitted to continue.

If the use of tobacco is indulged in it must be discontinued. Local treatment is of secondary help, and while it must not be harsh, it must be administered. The first thing done was to cleanse the parts in the mouth and throat by washing their surfaces with pure glycerine, removing well any discharges that presented. Then rinsed well all the affected parts with the following wash: Took sage sufficient to half fill a pint cup, poured over it boiling water sufficient to two-thirds fill the cup, let it boil up brisk once, removed and strained it through a piece of cheese cloth. While it was yet very hot added a full teaspoonful of golden seal in powder, and half a teaspoonful of powdered borax, when it was ready for use. Cleansed well the parts twice a day, and used this preparation following it. A portion, a tablespoonful, was gargled several times a day with benefit, it doing no harm if some were swallowed.

Gave a capsule (see remedies in this book) every five hours till four had been taken, then one every other night till three had been taken, then every fifth to seventh night so long as needed.

The following also serves as well: Take tincture of prickly ash berries, one ounce; tincture of buchu, two ounces; leptandra, two drachms; fluid extract of aromatic cascara, one ounce; podophyllin, two grains; simple syrup and glycerine, of each

three ounces. Mix. A tablespoonful taken every other night, till four doses have been taken, then from three times to once a week. A cure is the result, even in exceedingly severe cases of syphilitic poison.

A CASE, THAT SCHOOL BOY AND SCHOOL GIRL.

The school boy and the school girl. They have been attending school for years—from six years old to sixteen, nineteen, twenty, or twenty-three. This going to school soon gets to not only be a competitive race, but a rushing aspiration—the once child that let each day pass as for granted well spent, has disappeared, and now the hopeful, the aspiring, the rushing and pressing on to attain the goal ahead—as its realization is becoming apparent, the effort is increased, aspiration pumps the bellows and fans the fire to intensity, urging the engine on, on, and yet on. The great master work of life is going on, both physically and mentally—a great physical and mental growth. They must go on together, it is the preparatory work fitting, building that that must go forth—the man and the woman. This is the time for this work designed by the Great Creator of all created things, and he has admirably adapted harmony in the economy for this special end, and the child—the girl and the boy, the young man and the young woman, will stand the trip or race if one so please to call it, if proper care is exercised.

Four things are especially and particularly necessary, and a fifth one is exceedingly beneficial. Plenty of wholesome foods is essential to nourish the body for its natural physical growth and development, and supplying materials for repairs from wearout, and replacement of that that expires from limitation of the powers of endurance, for creating that *force*, and that aspiration, and the power of running the engine of the entire economy. The body in these years is more sensitive to

harsh treatments and less able to resist their influences or effects, than in mature life, hence it requires comfortable clothing. Plenty of muscular exercise is essential to aid the system to rid itself of its detritus. When muscular exercise is deficient, and the kidneys and the bowels are not keeping the economy clean, that nervous restlessness, that inability to confine to study or to concentrate thought, manifests. Rest, freedom from undue excitements, yet sufficient pleasing amusement to give that rest to the energies that are constantly being used—to enable them to keep gathered up. And last, but not least, they should not be harrassed till they are developed into such disagreeable ill-natures as are constantly going forth from schools. With the above line of care pursued, there is but little need of prompting by administering medicines to promote harmony of body and mind.

A CASE OF NERVOUS PROSTRATION.

A woman, she has been taxed to her utmost strength this many years, has been wife, given off from her body eight or ten children, nursed and handled them, necessitating lifting, holding and carrying them in sickness and health during so many years of helplessness; has made, mended and washed their clothing, cooked, scrubbed (and perhaps cooked for others than them to provide foods, clothing, home, etc., for them, tended garden, chickens, cows, or done some other outside work in addition) with seldom in all these years an unbroken night's sleep, and perhaps never a kindly recognition of appreciation. This monotony going on twenty, thirty, thirty-five or forty years, with never a rest out to relieve the pressure that life's energies may rest, look over, and recuperate itself. It is a case all the medicines in the world can do but little for, the prescription cannot be filled in the drug shops. The medicines called for are peace of mind, undisturbed bodily rest,

and wholesome foods. With these supplied, bodily strength recuperates, that weird look disappears from the eye, also that screech of discontent which has been caused by the very life having been crushed out from the long pressure of menial servitude, and in its place a more endurable satisfaction will come. The case needs humane treatment, not medicines.

A CASE PROMISING A BREAKDOWN.

A slender young man tried to confine himself close to business, ate in a hurry and at irregular hours, was too much in the social swim at nights, thus being robbed of nature's balm—sleep; smoked too many cigars and cigarettes, all of which had progressed to a species of dissipation. His eyes looked sunken, he was distressed with a sinking weight at the epigastrium, had flatulence, headache, was nervous and restless, the bowels were constipated and urine and sweat very offensive, very. He suffered from palpitation on slight exertion, felt tired, oppressed, had some fever.

The treatment in this case began with *eliminating* much of the degenerating habits, and substituting in their place time to eat, attention to business in business hours, less going in the social swim, taking sleep in its natural time—night, letting mint candies and prickly ash bark candies take the place of the cigars and cigarettes, and ordered vigorous muscular exercise to aid the system in eliminating the detritus of the body. In addition but little medicine was needed.

Sponge-bathed the body just before going to bed, using water as hot as could be borne and permitted the feet to be immersed in the water while bathing the remainder of the body, and drying the body briskly and quickly. This gave a sedation insuring a restful night's sleep. Added ten drops of *nux vomica* to four ounces of water, and had a teaspoonful of the mixture taken every hour for five hours, then a dose three

times a day for four or five days. In addition gave a capsule every night for three nights, then one every third night for two weeks. Restoration to comfortable health resulted. A tablespoonful of the mixture containing cascara and podophyllin named in the treatment of case No. 3 may be taken instead of the capsules, if preferred. The frequency of taking this last named medicine must be the same as was above directed for the capsules.

A CASE, A CHILD.

A child had furred tongue, dirty skin, stinking breath, constipated condition of the bowels generally, though sometimes relaxed condition of the bowels and dark green discharges; it had periods of fever, vomits, frets for food in the night, was always gorging; it heard too much *old* talk, and saw too much company. This was simply a case of rebellion against imposition. Regulated the habits of the child intelligently and but little medicine was needed. Prohibited eating but three times a day, gave it supper not later than half past six o'clock P. M., (half past five P. M. would have been better), and let the food be plain. Added ten drops of tincture of nux vomica, to four ounces of water, and gave a teaspoonful every two hours during the day. (Usually giving this for three or four days is sufficient.) Kept the child from the excitement of seeing too much company, and provided companionship congenial to its age. Just before putting the child to bed at night, sponge-bathed its body, using water as warm as could be borne.

A CASE.

A woman aged forty, presents a seeming general ill-health, swollen face, some bloating all over the body, (in some cases this may appear in different parts of the body, or all over it), shortness of breath, dizziness, palpitation, sick at the stomach,

the skin dirty yellowish, and a general all miserable feeling throughout the body.

The body was sponge-bathed with hot water and soap, dried by rubbing it briskly and the patient permitted to keep the recumbent position for a rest up. Gave a dose of anti-bilious physic (see remedies in this book) once a week for two weeks, and kept the patient quiet.

A CASE.

A man fifty or sixty years old. He had been suffering with kidney trouble, palpitations, legs and feet swelled, puffiness in the face and about the eyes, breath short and labored, skin pale colored and pasty, urine somewhat scant and offensive in odor, occasionally profuse. Sponge-bathed the body, using hot water to which was added one-fourth of an ounce of aqua ammonia to two gallons of the water used. A capsule every third night was taken, and the intervening nights an injection per rectum, using a quart of water to which half an ounce of glycerine had been added, and using the water as hot as could be borne. Continued this treatment as long as necessary. The unpleasantness all disappeared.

A CASE OF BAD BILIOUSNESS.

Tumors, boils, carbuncles, whichever you prefer to name them, appeared in axilla, the groins, about the elbows, about the eyes, on the back of the neck and down between the shoulders. There was sometimes associated with these symptoms, swellings all over the body or any part of it. There was found to exist irregularity of the bowels and urinary excretions. The whole system was in a debilitated condition, the liver, spleen and tonsils enlarged or inflamed. There was loss of sleep, deranged appetite and disturbance of the heart. It was a type of glandular fever progressing toward suppuration of the glands.

All of these symptoms are not so prominent in every case; some are absent in some cases.

A type of disturbance similar to the above has been called Hodgkin's disease. Such appellations for types of disease throw a hideous mysticism about the affection truly appalling to the uninitiated into the mysteries of applying names to morbid conditions of the human body. But the fact that if Hodgkins had any ailment or disease it was his, but if Smith, Jones or Brown had any disease it was theirs, will suffice to ameliorate.

If the treatment is begun in its very earliest manifestation, a cure is more easily effected, but if permitted to progress till extensive suppuration is going on, the outlook is not so promising. The treatment must be begun with effective elimination—eliminating and excreting these morbid matters through nature's channels of removing them from the system by way of the kidneys and bowels, and nutrition must be improved. So rapidly as this is done the case gets well.

Sponge-bathed the patient's body, using hot water and soap. A dose of anti-bilious physic most effectually and quickly directed these morbid matters into the natural channels of outlet, and though its action was thorough and speedy it caused no disturbance of the stomach (and for this first essential work there is nothing the writer has found that so well serves this needed purpose in these cases). After the action of this had checked, which was in about six or eight hours, began giving the following: Added twenty drops of tincture of bryonia to four ounces of water and gave a teaspoonful of the mixture every four hours, three times a day. Gave the capsules sufficiently frequent to keep up two or three moderate alvine dejections during each twenty-four hours. Cleansed any parts that were discharging with equal parts of water and glycerine and

applied the ointment directed in the treatment of carbuncles in this book.

The mixture containing podophyllin and cascara, directed in case three in this book, is most excellent in these cases.

A CASE OF SUPPOSED BRAIN TROUBLE.

A teacher, after years of exacting and sometimes perplexing work in the management of a large school, was attacked with dizziness, (vertigo) could scarcely keep from falling forward, felt a sensation as if becoming unconscious yet did not become so, sometimes vomited, had ringing in the ears, and felt a general heaviness. The attack appeared every spring, and as the year was nearing up, the conditions became more pronounced, the patient feared "brain trouble," and became alarmed. It was a case of exhaustion—nerve exhaustion, if you please so to term it, resulting from mental strain and over-work augmented by deficient muscular exercise to aid the system to rid itself of its effete materials, and to preserve an equilibrium of body and mind, and the blood was over-loaded with obnoxious and useless materials; the digestion was not well performed, there was fetid odor on the breath, an offensive odor about the sweat, especially of the feet, there was a feeling of drowsiness after eating, and the lower limbs were disposed to go to sleep. All of these symptoms do not present at once, in every case, but enough sufficiently prominent to show the cause and results. The poisons from the effete materials and the abnormal gas in the blood, causes the "brain symptoms"—vertigo, the falling forward. The relief is to be had in vigorous muscular exercise, mental rest, and a little medicine to prompt functions of the body, and lend tone.

A dose of salts taken occasionally, will abort a paroxysmal attack for awhile, by clearing the main excretory channels of their "roughness," but a more thorough renovation becomes

necessary. For immediate relief from the paroxysmal attack of vertigo, added ten drops of *nux vomica* to four ounces of water, and gave a teaspoonful of the mixture every fifteen minutes, till relief was manifesting, (four or five doses usually being sufficient to do this), then continued taking it every two hours for two days.

Gave the mixture containing tincture of prickly ash and *leptandra*, directed in case three, in this book, as there directed.

After the discontinuance of taking the *nux vomica*, if there yet remains a little nervousness, add five drops of tincture of *pulsatilla*, to four ounces of water, and take a teaspoonful every two hours during the day, in addition to taking the above. Disappointment is not experienced.

A CASE—NOT BRIGHT'S DISEASE.

In kidney disease with excessive flow of urine, great thirst, drinking great quantities of water without allaying thirst, sometimes manifesting, the tongue usually presents a somewhat glazed appearance, or it may be coated, stomach sensitive and appetite variable, the bowels sluggish, have nearly always been so in some of these cases.

The abnormal thirst will gradually yield to the influence of drinking hot water frequently. The water must be *hot* as can be supped. A teacupful at one time is not too much, and three or four times in the twenty-four hours in the time of its worst severity not too frequent. See to the clothing that it supplies sufficient warmth, as this deficiency when the weather changes to colder is one cause of the above condition.

When in these conditions there is considerable general uncomfortable feeling, a dose of the anti-bilious physic eliminates from the blood and circulation the morbidness that is vexing

the urinary apparatus, thus relieving it that it may gather up its vital energies to enable it to gain tone to perform its functions naturally. Take no other medicine for thirty-six or forty-eight hours. If recovery is not evidently about complete, take a dose of the mixture containing tincture of prickly ash berries directed in case three once a day, or take a capsule (see remedies in this book) every night to every fifth night.

A hot water injection per rectum taken occasionally in this condition is also invaluable. The treatment seems simple, but what difference does it make if the thing that cures *is* simple, if recovery is the result wanted.

A CASE—REQUIRING PROPER TREATMENT.

A minister, aged sixty-three years, stated he was unable to attend to his ministerial duties, because of a general feeling of indisposition—could not avoid breaking down and crying for no accountable reason, was despondent, and constantly felt a foreboding of something harmful, and would become tremblingly nervous and dizzy-headed; and a carbuncle began making its appearance on the back of the neck.

Ordered hot water sponge-bath and foot bath, taken not every day, but occasionally, and a capsule (see remedies in this book) taken, one at seven and one at ten o'clock at night. And during the day alternated giving the following the first five days: *Nux vomica*, five drops added to four ounces of water, a teaspoonful given every three hours. Tincture of *bryonia*, twenty drops, added to four ounces of water, a teaspoonful given every three hours.

The carbuncle was bathed with hot water and soap, morning and evening, and was poulticed for a few days, exhibition indicating that discharging was nearing; kept up the baths to it, and applied, instead of the poultice, the ointment directed

in this book in treatment of carbuncle. It discharged at three openings, and the ointment was applied each day till pus ceased forming, when pure vaseline was applied till nothing more was needed. Recovered and is enjoying many comfortable days, and the proper treatment given prevented a disastrous ending, prevented insanity. Carbuncle does not always manifest in the above types of illness, more frequently it does not.

A CASE.—RECTAL ULCER.

The patient had been hard worked, food not of the best, scarcely time to eat or think of necessary bodily attentions, bowels had been constipated since could not remember when different, urine offensive odor and scant, becoming emaciated though slight symptoms of bloat occasionally appeared, much inclined to melancholy, nervous palpitation of the heart, nasty coated tongue, and dark under the eyes. There were ulcerative processes about the posterior rectal wall, secreting a foul, greenish, offensive pus.

Scavenging and nourishing the general system, and cleansing the ulcerated parts, was the treatment given. The remedy directed given for constitutional effect, in the treatment of rectal ulcer in this work, was given for scavenging the general system and promoting digestion, and also the local treatments directed for local use in treatment of this annoyance, with the result of an early cure.

The patient must confine sufficient to the recumbent position for rest sufficient.

No one expects to have more than one body in a lifetime, and its parts are necessary to its well-being. The above treatment will cure about every curable case, leaving the anatomy of the parts in comfortable condition, which surgical operation seldom does, in fact never does.

A CASE.—WHAT WAS DONE WITHOUT THE KNIFE.

Geo. Covert, M. D., Iowa, gives the following: "Mr. D., an old man in a neighboring village, was run over by a loaded wagon and sustained a compound comminuted fracture of both bones of the leg above the ankle. He would not tolerate the confinement of bandage and splint, and his physician requested me to operate, as inflammation and suppuration had supervened. But the patient would not consent to an operation. He was determined to 'die with both feet.' In this extremity, we straightened the limb and placed sandbags along side to keep it in position and then applied echinacea freely to the injured portions. Suppuration was not excessive and in time the man recovered the use of the limb."—From the Chicago Medical Times, Vol. 34, No. 3.

The treatment and care in the above case is truly a display of skill. Anybody could have cut off the limb and it *might* have healed, but *saving* the limb as in the above case, embodied the most excellent wisdom, tact and fine technique.

A CASE.—SHAKING PALSY.

Dr. McCarthy says: "As to the treatment I have found nothing to excel the *æsculus glabra*. I make a tincture of the inner bark, cut fine and cover it with alcohol, let it stand fourteen days, and prescribe as follows: Tincture of *æsculus glabra*, one drachm; aqua dist., 8 ounces. Mix. A teaspoonful every two or three hours."

He reported having seen complete control of the muscles in fifteen minutes after the first dose. He directed that the bowels be kept free.—From Med. Brief.

PART TENTH.

EMERGENCY MANAGERMENTS.

GENERAL OBSERVATIONS.

Numerous accidents are occurring every day and in the varied exposures to injury and danger to life, they are likely to occur at any time. It requires time to obtain a physician or surgeon, and in that waiting time a life may be lost that might have been saved by simple means promptly administered, hence no one can know too much of emergency remedies and giving relief to suffering and saving life. Any and all means are simple enough for any intelligent person to understand who desires to make the necessary effort to do so.

A physician should be called in all cases of severe injuries, and this everyone knows without this writer telling you to do so.

In mechanical injuries, the danger does not always consist in loss of blood alone, but to this coupled with shock, which is nearly always out of proportion to the extent of the injury.

While waiting the arrival of a physician, never neglect to endeavor to do something to save life, not in excited haste, keep cool, keep your senses at the helm whatever else you may have lost, always remembering to leave the discussion "of how

the accident happened" till relief has been established. Take the situation as it is found and do the best to save life and promote recovery that may be possible from the nature of the case, or degree of injury, and the best that can be done under the circumstances. Each and every case presents the needs peculiar to itself, and to attempt to state everything that might be necessary would be a fruitless effort; much must be left to the exercise of judgment with sense in each particular case.

Place the injured in as comfortable position as possible, placing the body in that position which best protects the wound, which position will suggest itself in each case, that position being the best that will not open a wound, strain a part, or lend additional injury and suffering. Free the mouth and nose from obstructions to breathing, loosen the clothing at the neck and waist line, and keep bystanders at much distance from the injured. This permits live air for the patient to breathe, and which is needed.

If the patient is in an unconscious condition, the feet and hands may be sponged with hot water, and the face sponged with cold water. Aqua ammonia poured on a handkerchief may be passed under the nose, or spirits of camphor may be held to the nose, and a return to consciousness watched for. When consciousness has manifested sufficient to permit the patient to swallow, sups of hot water, hot tea, or hot milk, preferably hot water, may now be given. It is the best and safest stimulant to give in these cases. A little salt may be added to the water.

Alcoholic stimulants have a depressing influence, and in injuries there is present more or less depression, and needs none additional.

Vomiting may occur, but the sups of hot water will relieve it. Attention must be given that sufficient warmth is provided, by blankets, hot water-bags, hot bricks, hot irons or other means.

In conditions where limbs or parts have been severed, or nearly severed, quickly put them back in place and confine them there, the physician or surgeon may be able to save them. It has been reported that fingers that had been cut completely off had re-united to their original place, healed and were useful as ever.

OBSERVATIONS.

“Finny is reported to have sutured in place the ends of the ring and middle fingers, seven hours after they had been cut off by a machine, firm union taking place within two weeks, and at the end of three years motion and sensation being complete.—John Hopkins Bulletin.”

In conditions of broken limbs, or severe bodily injury, where it is necessary to move the patient a great distance before attention to dressing can be had, and where no other provision can be had, the limb or entire body may be placed in a box, the limb or body being well cushioned with cotton and placed on and surrounded on the sides by sawdust, or sand.

In conditions of severe burns, add a heaped teaspoonful of soda (the kind we use in cooking) to a gallon of water and wet the clothes well with it before attempting to remove them. By so doing very great progress is immediately made in dispersing the “fire from the burns,” and immediate relief is experienced by the patient. Then pure vaseline serves best for

applying to the burn, and this covered with fine unwashed cotton, quite thick.

The habit of hauling the injured blocks and blocks, and sometimes miles, before anything is done to relieve the injury, is a deplorable practice, and one that does great injury to the patient, not only increasing the severity of the injury, but increasing the danger to fatality by additional fatigue.

EMERGENCY MANAGEMENTS.

When clothing on the body gets on fire, sit down on it, or lie down and roll over on it, if some article is not near to wrap around you to smother out the fire. For this purpose a shawl, a rug from the floor, a quilt, or any heavy fabric will serve.

In case of a bite from a dog, or other animal, wash the injury with hot water, and apply freely and frequently—three times to once a day—the following: Take turpentine and essence of peppermint, of each, three ounces; castor oil, half an ounce. Mix and shake the bottle well each time before applying it. The patient will get well, if permitted to do so, if some silly body is not successful in *scaring* him to death by telling *dog-tales*, for lack of something intelligent to say.

In *any* cases of poisoning, if nothing known to be a certain antidote is at hand, have the patient drink all the sweet milk he can; or if nothing else is at hand, have him drink all the hot water he can.

In *all* cases of injury or wound, after the injury or wound is dressed, give the patient a medicine to promote excretion by rousing the liver to action. If this is properly done, there will be but few cases of lock-jaw develop. Any of the mixtures prescribed in this book which contain podophyllin will serve the desired purpose.

TO STOP BLEEDING FROM THE NOSE.

Give one-fourth of a teaspoonful of essence of cinnamon and ten drops of oil of erigeron, on sugar or in syrup, repeating the dose in fifteen to thirty minutes if necessary.

If this cannot be had, use hot water applications, hot as can be borne; turpentine may be added to the water, or it may be applied by saturating a pledget of cotton and introducing it into the nasal cavity. If none of these means are at hand, place a finger in each ear firmly and chew rapidly.

TO CHECK HEMORRHAGE FROM WOUNDS.

In cases of extensive lacerations, resulting in extensive bleeding, if a large blood-vessel is not injured or opened, place the injured edges in apposition—together, after having removed any dirt that may be upon the injured part, and bind the parts together with any clean cloth to keep them in place, till appropriate dressing may be had, and saturate the injured part with turpentine. Turpentine is not only the best hemostatic known for local purposes, but it is a healing and cleansing antiseptic.

Cinnamon in powder applied to the wound, will also stop bleeding from wounds, and it also favors healing. Hot water alone will stop bleeding, and it is truly antiseptic and favors healing. Sugar is said to stop bleeding from wounds, and that it also favors healing. I have not used sugar in dressing wounds.

GREATER INJURIES.

The bright red hue and spurting flow of blood from a wound tells of an artery having been injured, and there is great and immediate danger to life. The wound may be firmly grasped with the hand, or firm pressure made between the

wound and the heart, to check the flow of blood till appropriate means and assistance may be obtained.

If an artery is cut, compress above the injury, and if you can possibly get hold of the edges of the artery bring them together, have a needle threaded with white silk thread by an assistant, and sew the edges—sewing a *through* stitch and tie, till sufficient stitches are made, remembering to sew the cut edges together in that way to leave the artery's cavity unobstructed. Apply liberally of turpentine from the first.

If a larger vein is injured or cut, compress below the injury, cleanse the parts and place the injured edges together, and if the cut or injury is sufficiently large to require stitches, take them as above; or, if the wound is situated in a part that the tension is not so great as to forcibly draw the wound open, narrow strips of adhesive or court plaster will serve the purpose, and is the best mode of dressing a wound where it can be done; leave small spaces between the strips to permit of the escape of the discharges; should any appear, place a piece of absorbent cotton over the wound, if you have it (if not, a clean piece of soft white cotton material will do) and confine it in place with a binder applied just sufficiently firm to feel comfortable, or to somewhat brace the parts.

FOR CLEANSING WOUNDS.

For the first cleansing of wounds, equal parts of turpentine, hot water and castor oil, mixed, is unequaled. The action of turpentine is very rapid, checking bleeding and favoring healing.

The application of turpentine to the surface skin in some cases blisters, but does not annoy the inner parts of the wound; to protect the surrounding skin, or surface, use castor oil over the surface. In the above mixture for cleansing wounds the castor oil is combined.

FOR PAINFUL WOUNDS.

If the wound becomes painful, and there is no punishing from the dressings evident, sprinkle sugar on live coals and hold the injured part in the fumes; relief has followed quickly, and it also favors healing. How, or on what peculiar principle, this gives relief, I do not know, but it has done so. And this kind of evidence is all we have of any remedy. Another equally as singular remedy attended with good results is to hold the suffering wound in the fumes of burning wool or woolen fabric, this also relieving pain and hastening recovery.

BEES-WAX DRESSING FOR MINOR CUTS AND WOUNDS.

For many of the minor cuts and wounds, there is hardly anything equals a bees-wax dressing, the yellow wax. After having cleansed the injury, as directed in these articles for cleansing injuries, place the injured parts in the best possible position, mould the wax over the wound smoothly and firmly, then take a knitting needle, or some other like article, and slide it up under the edge of the wax carefully so as to leave a little channel for any discharge to pass out that may appear, remove the needle and cover the part with a cloth to keep the wax dressing in shape and clean. This is not to be renewed for five or seven days, unless pain manifests, or some other morbid symptom presents, which seldom does.

FRACTURES.

Place the patient in as comfortable position as possible, and if moving must be done before a surgeon can be obtained to dress and take charge of the case, protect the parts from being aggravated and injured by the motion; an improvised splint applied will protect a broken limb while being moved, and a narrow strip of wood one or two inches wide, or some other utility, may be used for this purpose.

SPRAINS.

Place the patient in position to relieve pressure from the injured parts, and keep the affected parts immersed in hot water, an hour or two. Then remove them from the water and dry the surface. Equal parts of essence of peppermint, glycerine and oil of cedar, mixed and applied is an excellent application, immediate relief being experienced. Also, the following is effective: Take spirits of camphor, chloroform, tincture of arnica, aqua ammonia, spirits of turpentine, of each, one ounce; glycerine two ounces, and essence of peppermint, three ounces. Mix. Apply all of either of the above liniments that the part will take up. This is an *emergency* liniment and a bottle of it should be in every home. Many aches and pains will disperse from using it.

OBSERVATIONS IN CONDITIONS OF INJURIES.

In conditions of injuries of any severity, it is always best to give a medicine to aid the system in rallying from the condition, as there is always systemic injury from shock and the injury itself, there may be, and frequently is, as in case of a fall with injury, though no break might have resulted, there is injury, bruise, shock, and in this condition there may be and doubtless usually is, effused blood, which being dispersed from its natural condition by the destructive agent of injury, is not only out of its natural place, but it is *killed* and of itself is an injurious factor in the system. For the safety to the patient this must be removed, by rousing a general systemic action to carry it out. See General Observations in Emergency Managements in this book.

SNAKE BITE.

Snake bites may happen, also stings from insects which are in different degrees poison, and though of rare occurrence, when

such do occur they require as much skill as if they were happening every day.

My experience in treating snake bite, like all practitioners of medicine, is very limited. Almost any old hunter, or any "old woman" who has lived out on the farm, especially in frontier life, can give more reliable information in the cure of snake bites than any one physician in a thousand, for they (the "old women" or the hunters) generally stumble onto something that gets the patient out of danger before a physician can arrive, and who in ninety-five cases out of every hundred really knows less than anybody else what to do when he gets there, though he comes away three-fold enriched, having obtained knowledge of how to take care of a snake bite, the glory of having cured (?) one, and his pocket book replenished also—sometimes. I never saw a case in the human family in which the snake bite caused death. But I have met but few cases. A case I call to mind, which I was called to treat in my very early study of medicine, and before I began handling medicines, years ago, gives the most reliable information regarding the certainty of cure from any particular remedy which I can obtain. I speak of this as reliable, as no treatment had been administered till I arrived, and my treatment was not interrupted and a cure resulted. Whiskey was thought of, but only about half an ounce was at hand, the nearest that any could be obtained was eight miles away (but that was not in a prohibition state, in which I have lived these later years). This whiskey was given to the boy and he was ordered taken to a physician, who also was the same distance away as the whiskey. Conveyance was tardy and the foot was swelling; I had known of an "old woman" reducing swelling with a plaster made of the "yellow of eggs and salt" mixed, and from there being nothing else at hand to apply, I ordered the egg and salt plas-

ter, having a fresh one applied soon as the one on disposed to dry. Fresh plasters were kept on and from unavoidable preventions near five hours passed before he reached the physician's office, but the swelling had reduced till comparatively little was apparent. The physician, who was a gentleman, ordered my treatment continued as long as necessary (the salt and egg poultice) and gave as his opinion that to the poultice was due the recovery. He did nothing more.

The patient made a complete recovery. I do not pretend to know whether or how the eggs and salt counteracts the poison, neither do I know how whiskey does, nor that it does, nor do I think anybody else knows. The eggs and salt have proved efficient in other hands, also.

I do not find from research anything that gives better results, neither have I talked with any other physician on this subject that really claims anything to look to but whiskey. Cauterizings, cuttings, and bandagings have been resorted to, but I doubt if either of them really did any good in affecting a cure. If I could not obtain the eggs, salt and whiskey, I would apply spirits of turpentine, or aqua ammonia to the bite. I would use the same treatment for scorpion bite. Whiskey, ammonia, and cinchonia, are the leading remedies recommended by some authors for the above bites.

FOR CURING POISON FROM THE POISON OAK.

(*Rhus Toxicodendron*).

For external poisoning. Add two grains of sulphate of zinc to a pint of water, and apply it over the affected part, by means of a bit of cotton over which a small quantity of the solution has been *poured*, repeating the application three or four times a day. A cure generally results in from twenty-four to thirty-six hours. Relief from the first. Should the applica-

tion cause some severe smarting, add more water to the mixture. This same remedy also cures poison from the poison vine, *rhus radicans*. If these poisons have been taken internally, call a physician.

Some persons are more susceptible to poisons from the above plants than others, marked difference being met within the same family. I played with the leaves from the above named plants, many times when I was a child and was never poisoned with them. But my son has been very susceptible to their poison all his life. When he was two years old, happening to be near the poison vine though not touching it himself, he was poisoned with it, his hands swelled till almost round as balls. Not having my usual remedy with me I was at a loss to know what to do, when a lady informed me that she had known gun powder and cream to cure from this poison. I obtained some, applied it, which resulted in a speedy cure. I would use the gun powder and cream could I not obtain the sulphate of zinc. The mode of preparing the gun powder and cream was to add a third of a teaspoonful of gun powder to one third of a teacupful of sweet cream. Mix well, and apply two to three times daily. In the case of my son three applications were sufficient.

Dr. Thomas B. McBride, in the Philadelphia Med. Times, stated that a saturated solution of oxalic acid applied over surfaces poisoned with rhus, will dry up the vesicles in less than an hour, and prevent a further spread of the affliction.

OPIUM POISON.

In cases of opium poison, give the patient strong coffee to drink freely, and keep the patient moving.

ANTIDOTE FOR OXALIC POISON.

In cases of this poison having been taken, mix chalk, or plaster from the ceiling, in water, and give to the patient to drink, while waiting for the arrival of a physician.

CHLOROFORM ACCIDENTS.

When a person is found overcome by the influence of chloroform, slap briskly over the chest, and place ammonia sufficiently near the mouth and nose of the patient so that it may be inhaled and smelled. Pour turpentine on live coals and permit the patient to get the fumes by passing it sufficiently near. The fumes of turpentine are very refreshing, and turpentine might be advantageously combined with chloroform in administering it for anesthetic purposes.

ACCIDENTS FROM ELECTRIC WIRES.

Electricity is dangerous, accidents occur from it, and when met great caution must be observed. The writer has had no personal experience in accidents from electricity, but has obtained the following for immediate use in these accidents: Do not place yourself in the current to help others out, as by so doing you add one more victim to the result. Under no consideration do not catch hold of the wire, unless you are certain that you are insulated by rubber boot or glove. A large dry silk handkerchief is considered the next best thing, and some perfectly dry article (of clothing, if at hand, will do) should be utilized to stand on. When removing a person from a live wire, do not permit his body to leave the earth; do not lift him. When the victim has been released from the wires, attempts to resuscitate may be made. Place the finger on the tongue clear back to the base, press down, and at once remove it, permit the patient's self a little time to battle with the conditions, permit time for the patient to try to breathe. If

necessary, repeat the treatment again. The writer has had good success in resuscitating by this procedure, in other cases requiring resuscitation. Other methods of resuscitating are recommended, as grasping the tongue, and pulling it forward and shoving it backward, but this is sufficient for the scope of this work.

POISON BY ACCIDENT.

Poison by accident may occur in even well regulated families, but it is safest to not keep poisons about the home. When such articles are kept about the home, as concentrated lye for cleansing purposes, oxalic acid for laundry purposes, and poisons for destroying insects, they should be kept out somewhere to themselves, and so far away from articles requiring daily use that there is no chance of getting *them* by mistake, instead of some other article intended.

There are many poisons for which there is no known antidote, hence great caution should be observed, especially in handling or taking things that carry a suggestion of poison in their known properties. A physician should always be called, as in all cases of exciting emergencies, as loss of self-control of many persons at these times frequently prevents them from doing what they may know to do.

POISON FROM DRINKING CONCENTRATED LYE.

When concentrated lye has been drunk or supped, immediately give the patient to drink, apple vinegar, apple cider, or if this cannot be had, give lemon juice or lemon. As relief appears to manifest prominently, administer teaspoonful doses of castor oil. These attentions *must be promptly administered*, loss of time in these cases means seriousness if not death. If there is a burn on the surface, bathe it with the above, and then apply vaseline.

Concentrated lye should not be permitted sold in the markets unless every box be conspicuously labeled *Poison*, to constantly remind those who have to handle it of its danger. It can be thus labeled and classed so that grocers may sell it as they do at present.

ANTIDOTE FOR STRYCHNINE POISON.

Bromine and a number of other remedies are recommended, but none of which would be likely to be more easily obtained than a physician, and while waiting for either the patient may die, as this poison is a rapid worker. Send for a physician, but make the best efforts you can to save life. If sweet milk can be had give the patient all he can drink; if the milk cannot be had, add salt to hot water, and have the patient to drink freely, all he can. If the patient cannot drink, place a handful of salt in a quart of water, and administer it as injection per rectum.

REMEDY FOR LOCK-JAW.

Warm turpentine poured into a wound, no matter where the wound is located on the body, will produce instant relief from lock-jaw, it is said. The writer has forgotten where this information was obtained. Turpentine is rapidly diffusive and is doubtless as effective in this condition as reported in the above.

A continuous application of hot water over the region of the locked jaw will relieve it in some cases. See the author's treatment for lock-jaw elsewhere in this book.

FOR RESUSCITATING THE APPARENTLY DROWNED.

In conditions of apparent death from drowning, for restoring breathing the writer's method given in the treatment of electric wire accidents, will doubtless serve in these cases. One of the chief and immediate needs in these cases is usually neg-

lected quite too long—that of getting the patient warm; this part of the treatment should be hastened quite as much as any other part of the treatment. Efforts to bring breathing must be made, but success cannot be had from those efforts alone.

APOPLEXY.

In conditions of apoplexy place the patient on the side a moment, then on the back, then on the side, and on the back, making the movements gently. Grasp a handful of salt and add it to half a gallon of hot water, and administer it as injection per rectum. Apply heat to the feet, hot water if possible, and permit the patient to inhale or smell aqua ammonia, or spirits of camphor. Soon as patient can swallow give sups of hot water, hot as can be supped. Rub the hands and feet a bit briskly a few moments. Add ten drops of tincture of nux vomica, to four ounces of water, and give a teaspoonful of the mixture every ten minutes, till three or four doses have been given, when betterment will be seen to begin manifesting. If betterment has manifested, in an hour a dose of the anti-bilious physic should be given, and then let the patient remain quiet. The writer has had success in bringing up with the above treatment cases whose life was spared for several years more.

FAINTING.

Place the patient on the back with the head a little lower than the rest of the body, loosen any clothing that may be confining, as the collar or the belt, sprinkle cold water in the face, and hold aqua ammonia, spirits of camphor, or vinegar to the nose and apply a little about the nose and mouth. As soon as the patient can swallow, give the following: Take nux vomica, ten drops; water, four ounces. Mix. Give a teaspoonful every fifteen minutes, till three or four doses are given, then give a dose every hour to every two hours. If the nux vomica

is not at hand, add five drops of spirits of camphor to the same quantity of water, and give as above. Hot water alone, given to sup freely, is also restorative.

TO REMOVE DUST OR CINDERS FROM THE EYES.

To remove dust, cinders, or many other foreign bodies from the eyes, dip a silk rag or other soft fabric in spirits of camphor, and with it touch the corner or angle of the eye permitting a little camphor to enter the eye. Tears will flow freely, thus washing the article to the corner of the eye, where it may be easily removed. The spirits of camphor also allays the inflammation caused by the irritating substance.

BRIEFS FOR PERPLEXING MOMENTS.

THINGS TO BE REMEMBERED IN THE TREATMENT OF THE EYES.

The first prime importance in curing all ailments of the eyes, is to first place the system in normal condition. To effect this the excretory functions must be increased by rousing the biliary action of the liver. Then but little local treatment will be found necessary. In addition to the above, hot water baths to the eyes will cure nearly every case of sore eyes of all descriptions, using the water as hot as can be borne, this doing so nearly all that a local remedy can do. In cases of granulated sore eyes spirits of camphor added to the bath and a little of it permitted to enter the eyes, administering the bath twice a day, morning and evening, does that which is needed in the case; it disperses the inflammation and the granulations, giving a betterment of feeling and condition from the first bath, and continuing to recovery. In conditions of ulcerations, and the tired and inflamed feeling, essence of peppermint applied over the lids, in the temples and around under the eyes gives most excellent results. Also, the camphorated vaseline applied in the same way. The oil of wintergreen applied in

this same way serves well in some cases. The capsicum tea applied in the same way is good. These remedies to be used in addition to the hot water baths, and the taking of the medicines for cleansing the blood.

VALUABLE OBSERVATIONS ON LONGEVITY.

The natural conditions which are conducive to long and healthful life are: Born of parents who both desired an offspring, who are pure, free from physical and mental taint. Keep the mother surrounded with that which gives comfort, contentment, happiness, and then feed the infant on its mother's milk. Exercise as great regard for physical as for mental training in youth. Keep constantly alive in the child's mind that both father and mother are worthy of its love and respect. Clean air, clean water, clean foods, clean habits and plenty of them all. Plenty of undisturbed sleep in nature's time for it. An attractive home and living in it. Have no hours to use disastrously, but have constant, honest occupation, both physically and mentally. This is secured by constant vigilance.

From the substance of the investigations of Sir George Humphrey of the life histories of centenarians in England, with a view to ascertain the cause and circumstances of longevity, and which report was published by the Collective Investigation Committee of the British Medical Association in 1887, the following is gleaned: That the men and women who attained great age were almost invariably lean people, of spare habit, and moderate in eating and drinking.

Of thirty-seven, three took no animal food; four, very little; ten a moderate amount; and only one acknowledged taking much meat. With regard to alcohol, the returns were much the same, abstemiousness was found to be the rule of

life of those centenarians. This does not encourage eating to engorgement.

It seems not to have entered the minds of many that each body makes its own disease to by far the greatest extent. The body during its life is living and dying every day; death means decomposition, and decomposition is more or less marked with offensive odor. When your breath, sweat, body, clothes, the room you inhabit, your bed clothes, the air around you is contaminated with offensive odors emanating from you, it is an alarm sign to house-clean your body-house.

For the inside cleaning begin to dislodge the bad stock by taking the active remedies to disperse it, salts, the anti-bilious physic or some such dirt remover.

For ventilating your room, open the windows and doors and the breezes will do the rest of the work in dispersing bad odors.

Worry will kill. Discontent will kill, and disappointment will kill. While one sided work or work that calls into exercise one set of muscles, or one set of nerves, or organs, or functions exclusively is harmful, and if periods of rest are not supplied will prove destructive; not alone destructive to these individual parts but reflexedly to the entire structure; those sets of nerves or muscles which have not been called into activity, being weak from non-use, readily yield to the reflex destructive influence of the others; yet worry and discontent are more destructive. A period of rest to a part or set of parts will permit the gathering up of the forces, a renewal of the lost energies and a re-establishment of the harmony in the machinery, but the worry and discontent permeate every part of the entire structure and by their combined corrosion eat out the very vital of the entire being. Periods of rest, recreation, and placid content are great aids to preserve health.

TURPENTINE AS A LAXATIVE.

Oil of turpentine as a laxative in diphtheria, was used by Dr. J. M. Ward, in 1860, resulting in cures, it was reported. Water containing salt was used as a gargle, and baths were administered. Turpentine is the remedy intended to be used.

TO PREVENT SUPPURATION IN WOUNDS.

Take calendula, three ounces; water one ounce. Mix, and apply to cuts, bruises, and lacerated wounds, keeping the parts constantly wet with it. Healing progresses with but very little suppuration. This calendula mixture would doubtless be useful as an application to the surfaces in conditions of small pox, lessening suppuration and disfiguration and hastening healing.

FOR DISPERSING OFFENSIVE ODORS FROM SORES.

Make a poultice of dried figs cooked in milk, and apply to the offensive ulcer, or sloughing sore. In addition to it dispersing the offensive odor, it favors healing.

CUTS, WOUNDS, AND BRUISES GENERALLY.

An instruction that will meet very many accidental minor injuries, and many others is, cleanse the injury from dirt, blood, and other hurtful substances, bring the edges of the wound as near together as possible, stitch, or confine in place with adhesive or court plaster; over this place lint or cotton and confine in place by means of a bandage applied just sufficiently firm to support or brace the parts. Saturate this dressing and keep it saturated with the calendula mixture, one part, and water, three parts, mixed. This promotes healthy healing of the injuries, keeping reduction of inflammation, and promotes healing without destruction of tissue in many cases.

ANOTHER REMEDY FOR REMOVAL OF SWELLINGS.

Take turpentine, one gill; vinegar, half a pint; eggs, three. Beat the eggs well, then add the other remedies, and mix. This is valuable in removing swellings and inflammations from the throat, in sore throat and tonsilitis. It is good applied over the chest in pneumonia. It also greatly aids in dispelling croup and removing various sorenesses.

PROGRESSIVE ALCOHOLISM.

Progressive alcoholism is, excess, moral degeneracy, brutalization, habitual drunkenness, attacks of mania—insanity, softening of the brain, hypochondria, melancholia, homicide. The inheritance bestowed upon offspring is idiocy, imbecility, convulsions, and an unutterable wretchedness. It puts out the light of life, curtains and fills the home with despair, fills homes of dependencies and penitentiaries with its victims, curtains the heavens with darkness and carpets the earth with sackcloth and ashes. This picture is not a pretty one for the home, nor is such an investment a desirable one.

THINGS TO REMEMBER IN THE TREATMENT OF THE EYES.

Too much, and too severe medicine put in the eyes is destructive—is worse than none at all. Never permit caustic, burning, excoriating medicines put into the eyes. If you want to get the eyes well, to do so is not by using remedies that make a condition worse than the condition that you are seeking to get rid of. The first necessary in attempting to cure any case of sore eyes is to cleanse the system of its biliousness or morbidness, remove this from the blood by rousing the liver to do its work.

OLD DOMESTIC REMEDY FOR CURING CHILLS.

Butternut bark tea and capsicum tea have been used with success as a domestic remedy for curing chills, the intermittent fever. The capsicum (the cayenne pepper) is near being the best tonic stimulant we have in remedies. The usual mode of taking is, fifteen to twenty drops of the capsicum tea, in syrup or on sugar, three times a day. And the butternut bark tea about an ounce taken each day.

Talent without learning is superior to learning without talent and tact outstrips them both.

WHAT THE PEOPLE DO.

About three-fourths of the people eat, drink, work and sleep, the others think. The first are the world builders, and the second its architects. Every age must have both, one is indispensable to the other, and neither can do the work of both; yet every emanation of the architects must pass the crucial test of the builders to prove its utility.

APPLES AS A MEDICINE.

Apples cost but little to supply them plentifully. They are ministering angels from the fruit world—the queen of the fruits, bringing great stores of good health, leaving happy remembrances of headaches cured, indigestion cured, rheumatic aches and pains dispersed, complexions cleared, and excretory functions normal.

ANOTHER CURE FOR ITCH.

To cure itch, scaly or dry scald, and scabies with inveterate itching, wipe over the affected parts with the following: Take castor oil, two drachms; oil of cade, four drachms. Mix and apply as above, once a day; repeat the application every day so long as necessary. Also, take resin benzoin, twelve grains, and vaseline, three ounces. Mix and anoint the affected

parts, once a day, or just before going to bed at night being the best time. This remedy cures many cases of the above appearance.

A CURE FOR RHEUMATISM.

Drink sweet cider every day, drink all you can of it, and continue it for two or three weeks if necessary. Drink the home made cider that is free from anything but itself.

FOR THAT HEADACHE, THAT DIZZY HEAD.

When that headache appears, that the head feels dizzy and a sense of fullness as if it would burst, your limbs will not stay awake, feel a numbness pretty well all over, legs and feet swelled, and puffy face, condition of flatulency, sluggish urinary and alvine excretions, nasty, yellow, pasty skin, the situation calls for a washing out and off of the system—a general scavenging. If time is of much value to the subject the most thorough and quickest method is the one desired. The alcohol vapor bath taken to produce free perspiration, then wrap in woollen blankets and keep the sweating up for twenty minutes or half an hour; then sponge-bathe the body, using hot water, and drying the body quickly and briskly with a coarse towel. Take a dose of the anti-bilious physic, resume the recumbent position and remain quiet for a while. This is a most excellent laundering of the system, bringing an exceedingly great degree of new spring to the whole bodily economy. If the alcohol vapor bath can not be had, sponge-bathe the body with water hot as can be used, soaking the feet well in the hot water. Dry the body as above directed and take the medicine.

PERIODIC MANIFESTATIONS.

If there is a manifest symptom periodic in its appearing, as of chilly sensations, or fever exhibitions, recurring at about the same hour each succeeding day, every second day, or third day,

or seventh or ninth day, for immediate relief cinchonidia may be given. For an adult, give two grains for a dose. A dose taken at seven and nine o'clock each morning serves the best. Taking it from three to five days will suffice. But in all cases, however, to disperse the condition and get well, it is necessary to get the systemic condition right, and when this is done there is no periodicity of bad symptoms appearing. For obtaining this necessary systemic action any of the remedies directed in this work that contain podophyllin and cascara, or podophyllin, yellow dock and bittersweet, may be taken, and the good result will be obtained. Or, the capsules (see remedies in this book) may be taken and good will result.

ULCERATION OF THE SOFT PALATE.

The ulceration of the soft palate is not so frequently met; when met it is frequently due to the excessive use of tobacco. Some cases are due to syphilitic taint or poison in the blood, and both of these varieties sometimes prove very obstinate to cure.

Local treatment alone is not sufficient. Using the proper medicines, they are quite helpful, but there is much that must be done to lift the *system* out of the condition. For local treatment, a morning and evening treatment is sufficiently frequent; this leaves some time for the system to take benefit from the treatment and by this aid and its own energies adjust itself to getting well. For the morning treatment and cleansing, add fifteen drops of essence of peppermint to a tablespoonful of glycerine, mix, and thoroughly well saturate a mop-swab with it, introduce it well down between the tonsils and with a *wiping* movement bringing out of the swab. By this method the parts are both cleansed and medicated. For the evening treatment, add fifteen drops of turpentine to a tablespoonful of castor oil, and use as directed to do with the glycerine mix-

ture. For local treatment it is rare that any additional treatment will be found necessary. In exceedingly severe cases, and cases of long standing, a noon treatment may be added consisting of the following: Make a strong sage tea, strain it, and add sufficient sugar to make it near a syrup; add to it an even teaspoonful of golden seal in powder; half as much powdered borax. Mix well, and cleanse and wash about the palate and tonsils as directed for the above treatments.

For the systemic betterment the following will not disappoint you: Take fluid extract of yellow dock, two ounces; glycerine, simple syrup and essence of peppermint, of each, two ounces; fluid extract of may apple root, one drachm. Mix well. Take one teaspoonful half an hour before the dinner and supper, for three days; then continuing taking a dose once a day, to a dose every other day, to every fourth, fifth or seventh day, extending the time of taking as betterment exhibits. The taking of doses is not frequent, but it gives the cure, and as quick as it can be effected. The treatment is not severe, for there is no severe treatment needed. Severe treatments are always harmful. No cauterizings, no excoriations are needed. You want a *cure*, not a *persecution*.

A PALATABLE PHARMACOPIA.

Apples, grapes, oranges, pineapples, onions, tomatoes and bananas form a most excellent and admirable pharmacopia.

NERVOUS PROSTRATION.

For nervous prostration give mental and bodily rest, and establish the excretions and promote nutrition. Muscular and mental exercise must both be active, yet both may be unduly taxed. Excretion and nutrition must also be dutiful, or there is a destructive discord, a worsening, and death, or fearful cripplement if these partners are not placed on agreeable terms;

they only do well when harmonizing in the activities. For the medicine needs see elsewhere in this book.

VEGETARIANS.

Vegetarians are especially genial, polite, and even tempered, while animal meat eaters are brusque, coarse and irritable.

HEAT SORES AND COLD SORES.

Both excessive heat and excessive cold will develop a form of pustules or little sores, usually confined to the face, but may appear on any part of the body unduly exposed. It usually disappears without any special treatment. Occasionally they become uncomfortable, and when such is the case, bathe the affected parts with hot water, and apply the following: Add one drachm of tincture of benzoin to three ounces of water, and apply it once daily. This treatment not only hastens a cure, but it gives tone to the skin thus enabling it to resist the effects of heat and cold.

LONG LIFE.

Long life and much happiness awaiteth him who liveth virtuously, keepeth the sewers of the body free from obnoxious impurities which if left in the body, befuddleth the brain, causing the subjects to do all sorts of mean things under the hallucination that they are exceedingly "pious," and they wish to gauge everybody else by themselves; these subjects are victims of their own poison, which if it be cleaned out of the places it inhabiteth, with such trustworthy medicine as the antibilious remedy, it will greatly purify their consciences and remove the murky veil from their moral vision.

OBSERVATION.—DISCONTENT.

Discontent and unhappiness bring wasting of the body, one of its leading features being symptomatic of pulmonary consumption.

FOR THE AGED.

Aged people should partake freely of apples, bananas, grapes and oranges in their daily diet. Also plentiful of milk and foods cooked with milk. Do not forget the aged.

CURE FOR ACNE, AND REMOVAL OF BLOTCHES.

Take one teaspoonful of sulphur every morning for three mornings, omit taking for three mornings, then take a dose every third to every seventh day; add two drachms of tincture of benzoin to four ounces of water, mix well and apply every day, or so often as the face is washed. This will disperse the white spots, blotches and acne that sometimes annoy the faces of young men and young women.

Apples eaten freely, effect a deal of good in these cases—spiced with a hearty laugh, kindly disposition, these not far distantly followed by muscular exercise—which may consist in lightening the burden of those who are performing the menial drudgeries that keep the bright cheer in and about the home, is also much helpful.

THE PIECE OF GROUND WE LIVE ON.

Exceedingly few dwelling houses are surrounded with sufficient ground to permit of cleanliness, comfort or pleasure. As usually constructed on scarce more than enough ground for the house to occupy, requires greater superintending and executive ability than can exist in human capabilities, that of performing miracles, to so conduct the habits of living, if one lives, as to even give a suggestion of the above luxuries.

Three hundred by three hundred feet should be the least limit of ground for residence houses in cities and towns. This would permit surroundings congenial to health, comfort, and pleasure.

The varied vegetative growths then permissible about a dwelling on such a piece of ground, together with the many other permissible comforts and privileges, and the freedom from the effluvia of over-crowding, being productive of immeasurable good. With such space the habits necessary in living could be conducted separately, which would be much wiser and agreeable.

OBSERVATIONS.

In the home the lives of the members of the household should be so intertwined with the finest fiber of the being, that the life of each would be bound up in the life of all—affectionate, tender, and respectful to each other.

SUBSTITUTE FOR MORPHINE.

Hot water used hypodermically is a substitute for morphine relieving pain quickly, with no bad effects, and the benefit is lasting. The writer has frequently used it thus with the result of quick relief. Hypodermics of hot water stop the morphine habit.

THE EFFECTS OF TAKING ARSENIC AS MEDICINE.

Arsenic is poison. Taking it as a medicine leaves the victim a sickly bloat (arsenic fattened). It is a bad substitute for nothing. Don't take it.

There are many persons who could not increase the deposits of fat in their body one ounce.

FOR SHORTENING THE DURATION OF A FELON.

Soak the affected finger in hot water, hot as can be borne, and for twenty minutes, or half an hour. Relief begins manifesting in a few minutes, and if frequently so treated will disperse instead of maturing.

Also, take equal parts of soap and salt, and sufficient balsam of fir to make a paste, and apply it thick over the spot of attack, and renew it daily. In two or three days the core can be lifted out, and healing proceeds. But little pain is experienced. This is an old domestic remedy for shortening a felon.

FOR REMOVING OF ARTICLES SWALLOWED BY CHILDREN.

For removal of articles swallowed by children, as buttons or other articles, give the patient slippery elm mush. Or, creamed potatoes to eat. Success has followed the taking of both of the above.

AN OLD DOMESTIC REMEDY FOR SORE THROAT.

Take mullein leaves and pour over them hot vinegar sufficient, apply them very hot over the sore throat, and cover with a silk or woolen cloth. This is of much value in malignant sore throat, mumps, quinsy, ulcers, tumors and facial neuralgia, also for removing swellings from sprains and bruises.

REMOVAL OF DISCOLORATIONS FROM BRUISES.

To disperse discolorations, the quickest and most satisfactorily efficient means is by sweating. The sweating may be effected by the vapor bath or by exercise. The sweating produced by exercise is the quickest disperser.

QUICK RELIEF FOR STRANGUARY.

Stranguary, irritation of the prostate and neck of the bladder, constant desire to urinate, passes but little urine, dark colored and perhaps streaked with blood, give a dose of the anti-bilious physic, and after the action of this remedy has subsided, which will be in about five to six hours, (though much betterment will manifest in a very short time), administer a hot water sitz-bath continuing it for about twenty minutes to half an hour. Many cases require no more treatment than the one dose of medicine above directed and the hot water sitz-baths taken for eight or ten days every day. Cases more severe in addition to the above treatment, take a dose of the remedy containing cascara and podophyllin, directed in this book in the treatment of uræmia, every third to every fifth or every seventh day or night. During the greatest severity take the hot water sitz-baths three times a day. This brings a speedy cure, not disappointment nor prolonged suffering.

The conditions when arising at any time are due to a morbid systemic condition, chiefly to the kidneys at fault. But the manifestation of these conditions largely confines to advancing and advanced life, and is much due to the decline progressing in the body passing down the sunset side of life—to all of the functions of life becoming more and more feebly performed. Severity may be augmented by impropriety of habits either existing or having existed.

HEMOSTATIC POWDER.

“Professor Bonafor, at a meeting of the Academy of Medicine at Paris, spoke of equal parts of colophony, carbon and gum arabic mixed, forming a hemostatic of sufficient strength to arrest the bleeding from large arteries.”—*Med. and Surgical Reporter*.

VALUE OF FLUSHING THE COLON.

The value of flushing the colon with hot water, and the hot water sitz-bath to extend over the abdomen, in low fevers, fevers of all types, colic, cholera, cholera morbus, cholera infantum, appendicitis, dysentery, abdominal pains, hemorrhoids and habitual constipation, can scarcely be overrated. This treatment may be used, watching the progress toward recovery and lengthening the time as improvement manifests, and discontinued when no longer needed. Once taking is sufficient except in cases of great severity, and at night just before the usual time of going to bed, is the best time.

Light is essential to life, both physically and mentally.

REMEDY FOR THAT DRY HUSKY THROAT.

For the dry husky feeling in the throat of speakers and singers, take hot water baths, especially foot baths, and take the following three times a day: Take essence of peppermint and glycerine, of each two ounces; tincture of golden seal, half an ounce; syrup, one ounce. Mix. A teaspoonful is a dose.

A MORBID CONDITION REQUIRING PROMPT ATTENTION.

The cellular tissues exhale a serous fluid, which when the functions of the economy are normally performed is eliminated and excreted from the body by the urinary organs and sweat channels, chiefly; this fluid contains detritus of the body, and probably some excess, which is of no further use in the economy of the body, and if retained is injurious; becoming excessive in quantity, general dropsy results, or it may confine to some part, resulting in dropsy of the part, but the cause is the same. When this condition presents there is deficiency of nutrition, and the system is in an atonic condition and progressing de-

generacy, it lacks tone, there is deficient elimination and excretion. .

In these cases normal condition of the system must be obtained, and this excess of fluids must be got rid of. Tapping is not permissible, and while baths to promote sweating are helpful and may be used as an aid, they cannot be made to perform all of the task, as excessive bathing is exhausting. Hence the other organs of excretion must be made to take up part of this work, and nutrition must be promoted, to bring tone or strength to the system. For producing these results the following is efficient: Take bittersweet, yellow dock root of each, one ounce; May apple root, half an ounce; buchu leaves, half an ounce. Place all of these articles in a granite vessel, pour over them one and a half pints of boiling water, let it just boil up once. Place it to keep warm but not boil, and let stand five hours; then strain it (through a piece of cheese cloth will do), and add glycerine and simple syrup of each, two ounces, and mix well. Take one tablespoonful three times a day for three days, omit three days, then take a dose every day, lessening the frequency to three times a week, then to once a week, as betterment manifests, will restore to health.

Also, take sulphur and cream of tartar, of each, two heaped tablespoonfuls; podophyllin, one grain. Thoroughly mix and divide into forty powders. The first day take one powder every six hours till three have been taken, omit one day, then take one every second to every fourth to every eighth day. Either of the above mixtures gives the desired result, the cure.

APPARENT DEATH FROM CONVULSIONS.

In cases of apparent death from convulsions, apply hot water as hot as not to burn, over the region of the heart, continuing the application for some time, giving time for reviving to take place.

COLIC.

In conditions of colic, appendicitis, stricture, lock-jaw, convulsions, oft repeated injections per rectum will give relief. To a quart of the hot water used for this purpose, add half a drachm of tincture of lobelia, and ten drops of tincture of capsicum, and administer.

MELANCHOLIA.—INSANITY.

Melancholia and insanity are very frequently due to a general morbid condition of the health long continued, deficient elimination of the urinary and alvine excretion from the economy of the system. When even slight symptoms of either melancholia or insanity exhibits, look at once to treatment on these lines, and next to the mental worriment and taxing vexations that surround the patient. Hundreds and hundreds of cases will cast off all symptoms of insanity and melancholia, and no further materialization of them will manifest, if a thoroughly and quickly acting medicine is given to free the system of morbid accumulations by way of the kidneys and bowels, and relieving the subjects of unpleasant environments. This is especially true in the very largest number of cases, no matter what age nor which one of the sexes in which these conditions manifests. Other factors that augment these conditions in males are vicious habits, as drinking intoxicants, smoking and chewing tobacco, and other excesses. An immediate paroxysm usually yields to the following treatment, and starts the patient on the road to recovery. If the patient is not too much overcome to be induced to swallow, give a dose of the anti-bilious physic, (see remedies in this book) and let remain quiet. Betterment will ensue in two hours or two and a half hours. If the patient cannot be induced to swallow, administer an injection of hot salt water per rectum. And if in an hour betterment is not seen to follow, administer a second in-

jection. As soon as the patient can be induced to swallow give the medicine directed above. Use this treatment and the sufferer will be relieved, will be spared the worse than death—the ending of life in an insane asylum, and you will save your family name from the brand of insanity.

After alvine dejections have been seen following the taking of the medicine above directed, no more medicine must be given for forty-eight hours. Then begin and give a dose of the remedy directed in the treatment of uræmia in this book and give a dose every third, fifth or seventh night for a month or six weeks. An alcohol vapor bath may be given once a week.

Try the above line of treatment and you will be surprised at the clearness of mind and satisfaction with self that will result. The efforts will not be regretted.

RELIEF IN SUDDEN SWELLINGS.

For relief in sudden swellings from bruises, hurts or strains, with discolorations and pain, apply a mustard plaster. For this purpose use one part flour and two parts of ground mustard. Mix it well together and moisten it with *hot* water sufficiently to spread smoothly, (not sloppy), and apply warm, (not cold), next to the skin over the part. It gives almost instant relief from pain, prevents blood poison, removes inflammations, swellings and discolorations.

FOR THAT FILLED-UP THROAT.

For that filled-up throat—patient threatening to smother to death, the throat inflamed, swelled, tonsils covered with leathery or tenacious exudations and more coming—make an old-fashioned mop-swab, saturate it with glycerine, press down the tongue, introduce the mop-swab and *wipe* between the tonsils, removing and bringing out the accumulations. Let the sufferer rest five or ten minutes, then give a few sups of hot

water to which a few drops of essence of peppermint have been added. In four hours treat the throat in the same way, but this time use castor oil, to a teaspoonful of which is added ten drops of turpentine. In four hours repeat the treatment, this time using the glycerine and peppermint, (ten drops of essence of peppermint added to a teaspoonful of glycerine), continuing the treatment so long as necessary, alternating the remedies as above. This frequency of treatment is for severe cases. If the case has been exceedingly severe, give a teaspoonful of the mixture containing cascara and podophyllin, directed in this work in treatment of uræmia. Give a dose every six hours till alvine dejections are seen.

PART ELEVENTH.

SHORT STOPS.—OBSERVATIONS OF VALUE.

It is evident from every source that medicine alone cannot give the cures we so much desire to have. There are many side lines, if we may so call them, that are decidedly helpful in effecting every cure. And while much of this may seem simple of itself, the writer fails to see where the squabble should come in if it is a *cure* that the sufferer wants; if it is that the sufferer wants to simply be twaddled with some mystifying nothingness, a species of voodooism, instead of intelligent treatment, well that calls for a different qualification in the physician who is called to treat the case. There are many patients, however, of this type, and they prove the most perplexing cases that are met, often taxing the attendant to the utmost, and frequently his or her efforts fail to so normalize the mental eccentricity sufficiently to restore the patient to bearable normal mental condition. A great many people appear to think that no intelligent remedy can be of service in curing *their* ailments, at least they appear to think that a remedy of which they know its name cannot possibly meet the requirements of *their special* case. And doubtless this is true in some cases, as in these cases the most serious ailment that afflicts them is *ignorant eccentricity*; but if they happen to have a full pocket, and

some of them do, they usually find the "skilled" physician who is able to treat their "special" case. In many of these cases if the physicians could supply them with a little good common sense and administer an active physic, they would be quite healthy citizens.

These people as soon as they learn what a remedy is, with them it loses all its virtue, (in their mind); to this class of people you could give snake soup or any old thing, and they will take it both readily and freely so long as they are kept in ignorance of what the article really is. These people appear to think that if a remedy embodies anything that they (these people) could even speak the name of it, well, it immediately becomes a worthless remedy, and that, too, when it may have been the *only* remedy that they have taken that really did them any good.

The greatest intelligence that is required to teach this class of people must be exercised in constantly keeping what is done for them clothed and hid in mystery, and under such management and treatment, it is astonishing what these people will do and accept as scientific, when in fact its real embodiment is pure and unadulterated voodooism and humbuggery.

There are many persons, not only women but men as well, who take pride in never doing any thinking, neither in business nor in the care of their health; they jump at conclusions without thought, and accept the most unsound opinions of others, they would rather do without the comforts and blessings of life, and pose as invalids all their lives, than to take an active place in the busy world and assume the responsibilities of honestly making their living. They are the hardest patients to get well.

Learn to understand something sensible about the human body. There are six great principles to recognize in the preservation of health and the cure of disease; these are moral purity, excretion, nutrition, cleanliness, exercise and rest, each and every one of which is absolutely necessary. There is nothing mysterious in the meaning of these principles that any one of ordinary intelligence can not understand. Learn to know that if you practice evil habits that sooner or later you must suffer the consequences. Learn to know that if you take into your body solids and fluids in bulk several times the size of your body in a ten days, that there is certainly a great amount of surplus that must be gotten rid of during this time, or make trouble.

Many attacks of sickness or disease are self-limited, with a disposition to recover with only rest and proper nutrition as aids. Unduly large abdomens are due to over-eating, over-drinking, dropsy, being on the feet too long, especially during and immediately following gestation, and to gaseous accumulations.

AN OBSERVATION WELL WORTH REMEMBERING.

Never lose sight of this fact: *The more simple the agent which is used to arouse nature to a healthy action when disease is in the system, the better it is for the safety and well-being of the patient.* At the first appearance of symptoms of sickness commence to effect a cure. Do not wait till every fiber of the body is permeated and the vital energies are destroyed, before attempting relief. Nor do not be perpetually dosing. Take the remedy that with the fewest doses gives back a betterment and an eventual cure the quickest.

In cases of injury, especially those followed by shock, secondary hemorrhage may be expected and should be provided against as there is great danger of profuse and great loss of

blood at this time, although there may not have been much loss at the time of the immediate injury; relaxation is present from the tonicity of the system being at least partly lost, hence a freer exit of blood is permitted. Time and rest are essential to the cure of disease—time to eliminate the abnormal, and time for rest to restore, or repair. Bear this necessity of time for rest and repair in mind when expecting a cure. Disease, or the destruction of tissue is not stopped or cured or repair effected spontaneously.

Dr. Hall did not over-rate the value of hot water in the cure of disease. As a curative agent its value has not been estimated. *Hot* water taken before meals influences the natural secretions of the digestive fluids, and retains the temperature of the stomach necessary for digestion to go on, and favors excretion by giving tone to the alimentary viscera. These properties render it of great value in promoting digestion and assimilation so necessary in effecting a cure in all conditions of disease, and especially in cases where there is great wasting of the body, as in fevers and the condition called pulmonary consumption.

By this it is not to be understood that the patient must be kept *soaked* in hot water, nor that he be flooded with it, but that it be used intelligently and sufficiently. A teacupful of hot water taken during a forenoon is frequently more beneficial than medicine and many times more good comes from its use. Occasional sups of hot water will stop persistent vomiting, which medicines have not accomplished; and a cup of hot water taken just before retiring will bring sleep to the weary eyes, and quiet to the wild and racking nerves. A soaking hot water bath to the feet and legs, taken just before retiring, will send a thrill of comfortable and good feeling throughout the system that no other medicine of which we

know can accomplish, and that too with no bad after-effect, as is the case in giving the usual sleep-persuaders—the usual narcotics.

And there is scarcely a measure of the good, systemic effect obtained from taking an injection of hot water per rectum, every night, to every other, or every third or fourth night, in by far the greatest times of our unpleasant feeling.

Cold water depresses vital force; and when taken during meals or just before meals, it produces a temperature unfavorable for the process of digestion to go on, and which must be regained at an unnecessary expense of the energies before digestion can go on.

HOT AIR.

Hot air, or dry heat, is a valuable pain reliever, care being exercised to not prolong its administration to too great length; it relieves pain and betters the condition without any of the depressing effects common to drugs. It is a stimulant to rapid repair and recovery. Used in addition to proper constitutional remedies, it is of great service.

OBSERVATIONS ON CONDITIONS FAVORABLE TO CARBUNCLE.

Those persons whose flesh appears to be too solid to admit of free and perfect circulation, excretions are generally improperly performed, and much unnecessary materials, especially fluids are retained, and nutrition is deficient; this is the condition of subjects, generally, that are attacked with carbuncle. These subjects are in an ill-nourished condition, the recuperative powers become incompetent to off-set the retrograde tendency, and herein lies the danger in conditions of carbuncle.

The course of treatment pursued must be that which will establish excretion by way of the natural out-lets, the kidneys

and bowels, and, that will establish nutrition and stop degeneracy. The only way to do this is to rouse the liver to proper action, and through this the kidneys will perform their function, the system will take on new tone, and by a plentiful supply of wholesome foods, recovery will result.

THE DANGER IN TAKING CHLOROFORM.

The danger in taking chloroform lies in its effect upon the lungs, chiefly. Next to the lungs the brain suffers. Its effect upon the heart is not early felt, in fact, but little disturbance is felt about the heart. The writer has taken chloroform five times, and knows from personal experience about where its effects touch the most sensibly.

It is the opinion of the writer that when death occurs from inhaling chloroform it is due to its paralyzing effect upon the lungs and brain. And when the fluid is swallowed, or absorbed through open wounds, or through the skin, and death follows, that death is due to the poisonous effects of the chloroform direct. The time necessary to come to complete sensibility from its effects varies, from a few hours to seventy hours. To be under the influence of chloroform is not a condition to be desired.

OBSERVATIONS.

The peoples of the world are simply the human family; the different nations are the members of the family, and its discords are its family quarrels, and in this respect it is surely a racketeer, judging from the millions of money that is kept entombed in deadly weapons, instead of it being distributed in honest channels for the betterment of the home and the comfort of the human family.

BACTERIA.

Vegetation and animals are constantly dying, either by natural limitation of life, by accident, or by design, and fermentative and putrefactive changes producing decomposition, resolve them into their original chemical elements and thus return them to earth and air, where they serve as pabulum for succeeding generations. Did this change not take place, the earth would soon be filled with the dead of animals and vegetables, and the sea would soon be filled, hence new growths, or progress in any undertaking would soon be impossible. Decaying vegetation, refuse, and dead animals of any kind are repulsive to view, and especially so during this transition state. Also the loud odors and vapors emitted from them in the process of decomposition, are objectionable, but not from any special dangerous germ contained in any of them. While changing to the condition of "dust to dust," in the animal matter especially, another animal life exhibits called *bacteria*; it is only a native of this condition of matter, of dead, decomposing matter, never exhibits in healthy, living tissue and like the matter it feasts on—the dead, decomposed matter, its life is limited—soon yielding up *its* life by limitation. Because of the repulsiveness of these objects to view, and the loud odors emitted, they should be disposed from view.

MICROBES.

"Dr. A. G. Kenthack, in a lecture before the London Institute, states that a wine glassful of the best milk sold in London contains about 80,000,000 bacteria; high class ice cream, as sold by the West End restaurants, contain about 100,000,000 microbes to the ounce. Dr. Kenthack informed his audience that he had eaten this ice cream daily for the past twelve months, and seemed to thrive on the diet. He stated that the richest foods made by the best cooks are alive with microbes,

and that we ourselves, both inside and out, are literally covered with all kinds of them. From *Nature*, London, England."

OVER-WORK.

Over-work whether of muscles or brain, is harmful and often fatal, is always prostrating, lowering the powers of endurance. In cases of exhausting marches, night watches after daily toil, continual cramming practiced in some schools, and the perpetual drive of business, the destruction and wear is rapid and the eliminating organs are over-worked. 'Therefore the system not only becomes exhausted, but poisoned by the retention of poisonous wastes, and when accompanied by insufficient or improper nutrition, break-downs and fatalities may be expected.

TRACHEOTOMY.

Tracheotomy to cure croup is always unjustifiable—never cures—always hastens fatality—and the procedure is a poor substitute for skill.

The extremely rich and the extremely poor, alike, suffer from *too much*—the poor from too much poverty, and the rich from too much money.

Aches, smarts, and pains may be mitigated—sometimes quickly, but a cure must be waited for.

DRINKING WATER.

Rivers upon which cities and towns are built supply water but little purer than the sewers that drain away the filths. The wells in these places are but little better. If disease can not be "caught" by drinking these waters certainly the body is immune.

ANOTHER REMEDY FOR REMOVAL OF TAPE WORM.

The removal of tape worm is reported to have been effected by the eating of pineapples. Pineapple is also reported to have cured diphtheria.

OBSERVATION OF THE YOUNG MAN AND YOUNG WOMAN.

The young man and the young woman who make themselves useful under all circumstances in their parents' home are making upward and onward advance to prominent usefulness in life, as well as escaping many dissolutenesses so plentiful on every hand to entrap the unsuspecting.

TO CLEAR THE VOICE.

Muriate of ammonia lozenges are said to clear the voice wonderfully.

VIGOROUS POISONS.

Bichloride of mercury, corrosive sublimate or carbolic acid on wounds or as injections, should not be used. They are vigorous poisons. There is no doubt in the writer's mind but that many cases of gangrene, enteritis, and deaths after surgery and labor, are due to these agents; also when recovery does come, its retardation is largely due to poison from these substances. Something better should be found or stick to water.

A CAUSE OF BLINDNESS.

A deranged liver and kidneys, and constipated bowels, cause extremely severe sore eyes, almost total blindness. Correct this wrong and the eyes will get well.

OBSERVATION.

Sharpness in argument does not show soundness in judgment nor soundness of doctrine.

A REMEDY TO BRING OUT THE MEASLES.

Catnip tea with a good pinch of sulphur added to it, and given to the patient to freely drink, will bring out the measles in very many cases.

THE "NATURAL BONE-SETTER."

Sweet was called the "Natural Bone-Setter", but it was no more natural for him to set a bone than for any one else, if the *any one else* had *studied and learned*. Sweet was called a "quack" and treated with contempt by persons who *thought themselves* to be physicians and surgeons. Sweet had learned that of the anatomy of the human body which was necessary to know to be able to detect dislocations and properly adjust them to normal conditions, thus proving a superiority of *knowledge*, hence he was a "quack".

WHY SO MANY PEOPLE WEAR GLASSES.

One of the greatest reasons, and it might almost be said *the* greatest reason, why so many people wear glasses is because of their bodies being filled with their own useless materials, which, not having been excreted from the body, overload the blood. In these cases the eyes blur, do not see distinctly, do not see clearly; there seems to be a somewhat filmy sensation before them, and sometimes achings, occasionally pain. The little child of nine to eleven years old with his nose mounted with a great brazen pair of spectacles, and his skin so stained up with the filths of his inside body's self that he would pass for a Pequod indian, and his tongue so thickly and nastily coated that for months he has been unable to tell what flavor his foods possessed, and his breath would disgust the musk-cats, is an attractive advertisement for a skilled diagnostician, certainly. Certainly there is nothing fascinatingly attractive in such an exhibit from any standpoint, scientific or

otherwise. House-clean the body-house, scavenge, clean out the blood, and by far the greatest number of pairs of eyes will not be staring out through glasses, especially in infancy, childhood, youth, middle life, and there will be seen many, many more unmounted noses reaching far into senile years.

THOSE NERVES.

The condition called nervousness is due to the morbid condition of the general system, and perhaps to exhaustion from some work or vexatious worryings. This cause has put the road-beds of the nerves in a rocky or roughened condition, and to this is due the nerve trouble or disturbance, nervousness, nervous prostration. The severity of the condition is frequently very greatly augmented by improper medication, and by which medication the sufferer may not only be made a physical wreck but a mental wreck.

Place the general health in normal condition, which is best done by rousing the liver to biliary action; from this action the system will take on a repairative condition, will take up the functions of living anew, and then by proper foods, and sufficient rest and recreation, the nerves will be found behaving themselves. They will be well.

REMEDY FOR WHOOPING COUGH.

Take glycerine, olive oil, essence of peppermint, of each, two ounces; chionanthus, one drachm; simple syrup, one ounce. Mix well. To a child eight months old, near a teaspoonful of this mixture may be given twice or three times a day. This remedy loosens up the accumulations in the throat so that they may be coughed up, and also greatly aids the system to manage the condition better in throwing off the distressing and depressing influence of the cough.

FREAKS OF SCIENCE IN SURGERY.

Science in surgery and medicine take such hideous freaks of attacking some one part of the human anatomy, and literally tear it into shreds and tatters—atoms, as it were (in windy words), and hang its fragments on every old advertising bush, shrub, and weed, much to the sickening disgust of everybody.

A CURE FOR ULCERATED ERYSIPELAS.

It is reported that Dr. T. B. King, of Toledo, Ohio, cured a very severe case of ulcerated erysipelas on a woman's limb, by simply dusting Munsel's salts over the affected parts, twice a day; the parts were first cleansed with warm suds. This is worth remembering. Some of these cases have proved very obstinate to cure.

REMEDY FOR CATARRH OF THE BOWELS AND DISTURBANCES OF THE STOMACH.

In conditions of catarrh of the bowels, there frequently manifests nausea, flatulence and sour eructations, pain after eating, diarrhea with frequent discharges or tough mucous.

The following remedies give good results in this condition: Take olive oil, glycerine, and simple syrup, of each, two ounces; cinchona cal., one drachm. Mix. Dose for an adult, a teaspoonful. Take a dose half an hour before the two first meals; every day. Also, take leptandra, three drops, just before retiring.

A CURE FOR DEAFNESS.

Deafness from thickening of or inflammation of the ear drum is relieved and in some cases cured by the following: Saturate a pledget of cotton with a mixture of equal parts of glycerine, castor oil and essence of peppermint, and introduce it well into

the ear, or ears. The mixture must be used hot. In addition to the above treatment, place the general health in the best possible condition.

STRAWBERRY LEAVES FOR TEA.

It is said that the leaves of the wild strawberry, gathered after the ripening of the fruit and dried in the sun or in the heated pans, afford a greenish, and a slightly astringent infusion like that of the Chinese tea, with similar diaphoretic and diuretic properties.

A CURE FOR HOARSENESS.

The white of an egg beaten with granulated sugar and the juice of a lemon, a teaspoonful given every hour, relieves hoarseness in many cases.

TO STOP A FELON.

W. W. Parker, of Richmond, Virginia, is reported to have stated that to apply one or two leeches to a felon, and keep up the withdrawal of blood for an hour or two, will end the pain and the felon, the pain frequently ceasing before the leeches drop off. This is worth remembering, and is worthy of trying rather than to suffer a felon to progress to maturity, and end with perhaps the loss of part of the finger.

A SINGULAR CURE FOR JAUNDICE.

Taking the white of an egg every morning before breakfast is said to be effectual in curing the morbid condition we call jaundice, and doing so in but a few days. This is certainly worth trying, as it is inexpensive, and not unpleasant to take.

A REMEDY FOR DISPERSING ITCHINGS, IRRITATIONS,
AND EXCORIATIONS FROM ABOUT THE
RECTUM AND THE VULVA.

Take hot water, a quart, and add an even teaspoonful of powdered borax, mixing it well. Apply this by means of a sponge, using as hot as can be borne, and making several applications of the water, at each treatment. Two times a day is sufficient, and every day so long as needed. Take the mixture directed in this book in the treatment of uræmia, the remedy containing podophyllin and cascara, sufficient to place the system in proper condition, and the local annoyance will not reappear. A tablespoonful of the mixture taken just before retiring at night, every night for twice, then every third to every fifth night, will in a few days correct the condition.

“OLD WOMAN’S” REMEDY FOR CROUP.

Dr. J. S. Leachman, Gallion, La., Eclectic Med. Gleaner, July 1899, says that “urine clear is a specific in spasmodic croup.”

This was one of the “old woman’s” remedies and it had about become one of the lost arts, but resurrections are likely to take place and no one knows whose spade may bring them up. However, in addition to standing by and seeing the above result in an exceedingly severe case of croup, many “old women” have told me that it not only cured croup, but would break up the worst cases of hoarseness.

REMEDY FOR THE CURE OF BURNS.

“Dr. Harvath, of Kief, is reported to have claimed to have verified that all pain immediately disappears upon immersing the part in alcohol, in cases of burns, that the surrounding redness passes away, and the wound assumes a healthier aspect.” (*Cent. fuer die Medicin.*) The discovery is an import-

ant one, as its simplicity of use and readiness of application to any part of the body make it very commendable.

FOR THAT DISCOLORED, DIRTY SKIN.

When there is great discoloration of the skin, a pale, yellowish-brown extending about the edges of the hair, the discoloration appearing in the white of the eyes, the following clears the skin and improves the health: Take glycerine, three ounces; olive oil, one ounce; tincture of buchu half an ounce; simple syrup, two ounces; cinchona cal., three drachms; and podophyllin, one grain. Mix. To a child five to eight years old, give half a teaspoonful half an hour before meals for three days, then continuing giving a dose every third day as long as necessary.

OIL OF SEVEN PINES.

The oil of seven pines has been recommended as a valuable application to wounds and sores, its effect being to promote healthy granulations, hastening recovery.

It is a balsamic product, and possesses a curative, aseptic, and hemostatic property similar to spirits of turpentine. I do not know that it is superior to turpentine, but it doubtless meets many of the requirements in many cases of wounds and open ulcers.

ANOTHER CURE FOR KIDNEY TROUBLE.

When there is fullness in the region of the kidneys, as the bladder fills the pain increases, a feeling of fullness in the abdomen after eating, occasionally pain in the back almost unbearable, slightly relieved after passing urine, the following treatment will place the sufferer in comfortable health again: Take the preparation directed in this book in the treatment of uræmia, which contains cascara and podophyllin, a dose every five hours till biliary alvine dejections have been seen, then

take a dose twice to once a week. In addition to the above treatment, add one and a half drachms of lycopodium to four ounces of water. Mix it well, and take a teaspoonful of the mixture three times a day, for five to seven days.

A VALUABLE LOCAL APPLICATION FOR ENLARGED TONSILS.

Take salt (the common salt we use at table) one part; pure hog's lard, or linseed oil, three times as much. Mix it thoroughly. Apply it over the swellings without rubbing the parts. Apply it morning and evening. It disperses swellings and soreness. It is inexpensive and not difficult to obtain.

TO SOBER A DRUNKARD.

It is said that a wine glassful of apple vinegar given as a drink, will sober a drunkard in twenty minutes.

DANGER OF "IN THE SWIM."

The sea of the popular social swim is tempestuous, and more drown than reach shore who try its uncertain waves, and many of the few who do reach the shore are frightfully frazzled.

FOR THAT ACHING IN THE LIMBS, BODY OR HEAD.

Take tincture of bryonia, twenty drops; water, four ounces. Mix. Take a teaspoonful every fifteen minutes till four doses have been taken, then continuing taking a dose every three hours so long as needed. The above aches frequently exhibit when a person has taken cold, and in some cases there is very annoying nose run. When this condition exhibits, in addition to the above, add five drops of tincture of belladonna, to four ounces of water, and take a teaspoonful of the mixture every twenty minutes till three doses have been taken, then take a dose every three hours so long as needed, which will be when

the condition is better, or relieved. This remedy may be taken in alternation with the above bryonia mixture, after the first four doses of the bryonia mixture have been taken, taking this remedy half way between the bryonia doses.

“In maturer years with smiling eyes we view
The imperfect scenes which youthful fancy drew.”

But not all suffer with this disease.

THAT BODY OF YOURS.

That body of yours, sometime you must exhibit to the One who gave it to your care. There will be no disguising then, there can be no smoothing over, no glossing and patching up by any “specialist” for *this* occasion, but on the other hand the marks and traces, which are the tell-tales of how you have kept the charge committed to you, will stand out in their fullness.

LINSEED OIL A CURE FOR ASTHMA.

Linseed oil is not only valuable as a nutrient, but as a medicine, curing some very distressing ailments. The writer’s attention was first attracted to its medicinal value more than twenty-five years ago. The case in which it gave such marked relief was a case of asthma. The sufferer, a lady of thirty-five years old, suffering with a most severe paroxysmal attack, unable to sleep, lie down, or keep quiet, took half a pint of the oil during the night. The result was that the attack dispersed and recovery followed. At intervals the next morning she took another half pint. She informed me that once a year or once in two years was as frequent as she ever had to take it, and that it had always given the relief and cure as the writer had witnessed. This remedy is not unpalatable, it is moderately laxative and is a soothing nutritive.

OILS FOR CHILDREN.

Heat sweet milk just to the boiling, add the dose of castor oil, or olive oil, let remain hot about three or five minutes, then remove and give it instead of the oil alone.

A LINIMENT FOR SPRAINS.

A very valuable liniment for the above cases, and one that is inexpensive, is made as follows: Dissolve a half pound of Ivory soap in half a pint of water; dissolve two ounces of camphor gum in half a pint of turpentine; mix these two remedies and add half a pint of alcohol and one ounce of tincture of arnica and mix well. It is now ready for use. Apply, using all that the part will take up.

In addition to the above use, it is valuable for applying over the region of the kidneys in conditions of distressed feelings about these organs. And many aches and pains will disperse from its use.

ANTI-CONVULSION REMEDY.

Take lobelia and skunk cabbage, of each, in powder, two ounces; dilute alcohol, one pint. Place these remedies in a glass jar, close the jar and let stand for fourteen days. Dose of the mixture is one-fourth of a teaspoonful to half a teaspoonful every twenty to thirty minutes till relief. It is said to produce almost instant relief in convulsions and lock-jaw; also in convulsions of pregnancy and labor.

OBSERVATIONS.

It is a general law that all professional progress, in whatever branch, is a result of stimulation from without its ranks, and has been led up to by the preliminary and progressive steps of the lay-people, or the supposed uneducated, hence those who are supposed to be incompetent to think out, reason out,

or master great problems. No great discoveries, advancements or developments are spontaneous, nor are they products from the brain laboratory of the scientifically learned. This great truth is verified in morals, science, arts, mechanics, but in no line is it more prominently and positively proven than in medicine and the treatments of the ailments of the human body.

OBSERVATIONS OF ABSCESS OF THE LIVER AND GALL STONES.

To know of a certainty that abscess of the liver, either in, on, or about it, is impossible, as this organ like all other internal organs, is hid from view, and we know no symptoms whereby to ascertain such fact; pain, even continued pain is not evidence of such condition, as this much is a well known fact, that the location of a pain is not evidence that the *cause* of the pain is located where the pain is. Any and all symptoms of what we know, are very misleading; the head may ache so severely as to seem that it would burst, and the cause that led up to such manifestation may be far distant from that organ, as a constipated condition of the bowels will cause the very worst manifestation of head ache, the head feeling swimmy and the eyes blurring to near blindness, in addition to the actual pain. When such condition as abscess exists and it may occasionally (we see it in hogs, and some very fine fat ones too), it disposes to heal if let alone.

The morbid condition called gall stone, is quite as much benefitted by the cutting process, as aiding it to get well, as it would help you to breathe if you tore your lungs out and threw them away. The cure of the morbid condition in the sickness called gall stone, cannot be either ameliorated or cured by cutting, but in every case cutting means death and such relief could have been obtained more comfortably without such trouble. In the treatment of the ailments of the human body,

the greatest skill is displayed in *curing* its ills, not by mutilating it, but by really making the body whole. The affliction commonly given the above name is more frequently gastritis and its location confined to the stomach. Hot water and the olive oil will not only relieve these cases, but will cure, if permitted an opportunity to do so.

OBSERVATION ON FOOD.

"Some dogs fed exclusively on meat broths, five hundred grams, in Vulpia's laboratory, died on the nineteenth day, while others to whom water alone had been given, survived within one day as long, dying on the eighteenth day—showing the negative nutritive value of meat broths."—*Bulletine de Therap.* In the animal meats we obtain a kind of job lot of worn out and effete materials.

AN OLD DOMESTIC REMEDY FOR ITCH.

Take sweet gum and pure hog's lard, of each equal parts. Mix, and apply over the affected parts. This is said to be a certain cure.

OPACITY OF THE CORNEA.

In all diseased conditions of the eyes, there must be constitutional betterment. The blood must be placed in a pure and wholesome state. For removing opacity of the cornea, and also for removing other spots from the eye, a very small pinch of dry calomel blown into the eye is said to clear the opacity and remove the spots. This information was given me by a gentleman who had used the remedy with the above results.

WEAK EYES.

The eyes weaken as the body weakens; get the body as strong as possible, and then the eyes will be found to

strengthen, and usually with no more local treatment than hot water baths.

A green wooded, green grassy country is best for the eyes, and also for the body, mind and morals.

ANOTHER REMEDY FOR RING-WORM.

To speedily cure ring-worm, it is said that to touch it with caustic ammonia and it is quickly dispersed.

The real diamond can stand many a knock and cuff, as it only takes the roughness off and brings the beauty out.

TREATMENT FOR THREATENED CROUP.

In croup or threatened croup, there is a hoarse metallic breathing, and usually an effort to raise mucous; when this condition manifests, give the child one and a half grains of the triturated podophyllin (see remedies in this book) mixed in a little water; it is possible the patient may vomit this up, which should it do, there is no harm done, but the child will be seen to be much relieved; if the child keeps the dose, there will be a systemic action follow that will break up the spell. If the powder is not vomited, permit the child to remain quiet for an hour, then make a mop-swab and saturate it well with glycerine, and cleanse out the throat. Repeat this cleansing twice a day so long as necessary. Should the powder not be kept, wait about twenty minutes and give a second powder; wet a cloth in cold water and wipe around the mouth and under the chin, which usually prevents vomiting, and in a very few minutes the child will be resting quietly. The one powder kept down, is sufficient for a child from a year and a half old to two years old.

If there has manifested, and continued after the first twenty-four hours, much swelling about the tonsils, apply the following liniment: Take glycerine, one ounce; turpentine, half an ounce; spirits of camphor, half an ounce; essence of peppermint, three ounces; and castor oil, half an ounce. Mix. Apply twice a day.

FOR RHEUMATIC JOINTS.

Take sea salt, or common salt, half a teacupful; vinegar a quart. Mix, and apply this hot to the suffering parts. This application relieves pain and reduces swellings.

A CURE FOR HICCOUGH.

Hiccough is sometimes stopped by rapid chewing and simulating swallowing. Also, a teaspoonful of sugar wet with apple vinegar, the sufferer taking it, has given relief.

FOR REMOVING SUPERFLUOUS HAIR.

Take three grains of orpiment and one drachm of unslacked lime, mix and apply a small portion. Let remain half an hour then remove. It is said to be harmless and painless.

LAC SULPHUR FOR MEMBRANOUS CROUP.

Dr. C. H. Winslow, of New York City, claimed to have used lac sulphur to cure membranous croup for more than twenty years, with success. A teaspoonful of the sulphur added to three ounces of water, a teaspoonful of the mixture given every fifteen minutes, till relief obtained, was the mode of giving it.

REMEDY FOR OLD SORES.

It is said that raw Irish potatoes scraped, thickened with charcoal and freely applied to old sores, will cure them.

It is also said that flax seed poultice thickened with pulverized charcoal, and applied to the afflicted part, will check mortification and heal the parts.

Uncolored silk lint is valuable for dressing sores and wounds.

ANOTHER REMEDY FOR CURING RING-WORM, SHINGLES AND ITCH.

Phytolacca, it is said, will cure ring-worm, shingles and the prairie itch. It is to be applied incorporated in vaseline. No proportionment was given. Thirty drops of the tincture of phytolacca, added to an ounce of vaseline, is about the proper proportionment.

FOR DISPERSING RHEUMATIC SWELLINGS.

Bathe the affected part in hot water, dry the surface and apply over the part a small portion of oil of arnica.

BURNS FROM CARBOLIC ACID.

The burns from carbolic acid on the surface of the body can usually be relieved by the application of a little alcohol or a little castor oil.

ANOTHER PREVENTION OF SMALL POX.

A piece of saltpetre the size of a pea, taken three times a day, is said to prevent small pox. It may do so, as it increases the action of the kidneys, hence it would eliminate the abnormal matters from the economy of the body and excrete them by way of the urinary organs, and thus prevent them from seeking an outlet through the skin.

Spirits of turpentine, three drops taken three times a day, and a few drops placed here and there on the underwear is said to prevent small pox.

The action of turpentine is eliminative, either taken internally, or applied externally, and its work is rapid, hence, it may do as above stated.

AN OLD REMEDY FOR DROPSY AND PILES.

Take jalap, forty grains; cream of tartar, four ounces; sulphur, four ounces; podophyllin, two grains; and ginger, five grains. Thoroughly mix. Take a scant even teaspoonful of the mixture, every third, fifth, and seventh days. Thus taking will run near a ten days, and this number of doses taken as above directed, should be repeated in this way for at least two times, when the time of taking may be doubled. This will not only cure very bad cases of piles, but it will disperse most distressing dropsical accumulations from any part of the body.

REMEDY TO STOP THE FLOW OF BLOOD FROM WOUNDS.

It was reported that a Dr. Bone, of New Jersey, a number of years ago, suppressed bleeding from large blood vessels by applying powdered leaves of the hard leaf goldenrod to the part:

A CURE FOR ASTHMA.

For a quick relief for asthma, take whisky and add as much salts as the whisky will take up. The sufferer may drink what he can short of intoxication.

DEFINITIONS OF SCIENCE AND QUACKERY.

The following definitions are worthy of re-record: "*Science* in medicine chiefly consists in *tact* to pander to the desires of the uninformed masses for the unreal, and at the same time to pocket the shekels. *Quackery* consists in curing diseases in an honest and sensible way, hence it will always have a welcome

place among the people who are in need of relief from physical ailments."

ANOTHER CURE FOR ITCH.

There are cases of almost intense itchings over the surface of the body that sometimes prove very annoying and make the person very uncomfortable. The only discoloration that appears is due to the irritations to which it is subjected by its being rubbed or scratched. Wash well the surface of the body with hot water and very plentiful of castile soap, dry the surface of the body, then apply the following: Take tincture of benzoin, two drachms; water five ounces. Mix, and apply twice a day.

SPANISH NEEDLES.

It is said that a strong infusion of Spanish needles has cured severe cases of croup. The tea was given warm, in tablespoonful doses, every ten to fifteen minutes until vomiting resulted. The air passages were cleared by this, immediate relief followed, and the patient passed into quiet sleep; awakening feeling comfortably well. In a few hours after the vomiting the medicine acted as a cathartic.

The tea was sweetened with honey. The leaves, after the tea was removed from them, were placed in a flannel cloth, moistened with brandy and applied over the throat and chest.

CALENDULA.

This remedy has been very much praised as a preventive of suppuration and a hastener of healing. Its uses being both internal and external, its action may be extensive. In threatened or manifesting or manifested small pox it should certainly be the remedy of unmeasured worth.

RAGWEED FOR BOWEL TROUBLES.

The ragweed has been used as a domestic remedy in bowel troubles generally, and is said to be efficient in curing. The mode of using was to make a strong tea of it, and drink it freely till cured. Probably a half a cupful of the tea twice a day would be sufficient.

A QUICK HELP TO RELIEVE CROUP.

Take common yellow snuff, a teaspoonful, and hog's lard, twice as much. Mix. Spread sufficient on a woolen cloth and apply over the throat and chest. Nausea usually follows and the patient vomits freely, relief at once manifesting.

When relief is obtained give a dose of some of the cascara mixtures directed in this book which contain podophyllin, repeating it every four hours till the bowels have acted freely three or four times. Or the podophyllin powder (see remedies in this book) may be given every six hours till above effect is obtained.

A JAUNDICE CURE.

A strong tea made from the leaves, bark of the tree, or bark of the root of the peach tree, half an ounce taken three times a day, is said to cure jaundice.

Some cases of jaundice are slow to disperse, and this might be given a trial. It is certainly cheap enough, easily obtained, and not much trouble to prepare.

GOOD FOR BOWEL TROUBLES.

Take spirits of camphor, three drachms; turpentine, three drachms; tincture of capsicum, fifteen drops; tincture of ginger, one drachm; essence of cinnamon, two drachms; essence of peppermint, four drachms; olive oil and simple syrup, of each three ounces. Mix. Dose for a child one or two years old, a

teaspoonful three to four times a day in severe cases. Usually a dose twice a day is sufficient.

FOR REMOVING WARTS AND CORNS.

Take the bark of the common willow and burn it to ashes. Mix two heaped tablespoonfuls of these ashes with half a pint of pure apple cider vinegar. The application of this preparation to warts, corns and other excrescences, is said to remove them.

Shoemaker's wax makes a healing application to some cases of sores, cuts and boils.

ANTIDOTE FOR LICE.

The following was much used in families for destroying lice on the head: Take fish berries, half an ounce; whisky, a pint. Place the berries in a bottle and pour the whisky on them. Cork the bottle well and let it stand for three or four days, when it is ready for use. Apply it to the hair. One application was usually considered sufficient. This is poison.

PART TWELFTH.

DON'T.

Don't forget that rendering a patient unconscious, or oblivious to surroundings is not sleep, it is helpless unconsciousness, but not sleep. Neither is it rest, nor recuperation, but under this condition the system endures great loss. Sleeplessness is due to irritation somewhere in the economy of the body, and a condition of unconsciousness does not remove this injurious factor. Remove the cause of the irritation and natural, restful sleep will follow. Rendering a patient unconscious with opiates is not sleep, it is narcoticism.

Sleep has for its object the recuperation or repair of the vital processes or energies of life, and means that deaden or stupify sensibilities interfere with these processes, and the worn out system has a harder fight for life. To soak the sufferer with opium or morphine or any potion that deadens sensibility, *always endangers* life.

The attendant who resorts to this method of treatment, is either not skilled in the proper treatment of disease, or has not the best interests of the patient honestly at heart.

A sponge-bath with *hot* water, when sleepless conditions present, has a quieting influence, favoring recuperation and rest, and properly administered is in no way harmful. In cases of

extreme nervousness, an injection of hot water per rectum, gives no bad after effect, but quiets to restful sleep. A hypodermic injection of hot water produces the same effect.

Hot tea, or hot water, supped as hot as can be without burning, allays nausea and checks vomiting, and is followed by restfulness, and frequently by restful sleep. It is a bracing, quieting and restorative tonic, and taken hot and freely after active cathartic medicines have acted freely, it greatly aids the system in recovering from the languidness that usually follows the immediate action of these remedies.

Neither the tea nor water interferes with other remedies, and may be drunk freely by any age of patients, at any time day or night, in all conditions of sickness, in fevers, all disturbances of the alimentary canal, or in no matter what the ailment.

The liver is the superintendent scavenger of the human body as well as the superintendent of repairs; the duties of such offices are great, and it is necessary sometimes to give this superintendent a *prompting reminder*, or a *helpful reminder*, or rouser to activity.

EVERY PART OF THE BODY NECESSARY TO ASSURE HARMONY OF THE WHOLE BODY.

Don't forget that the human structure is made up of parts, each and every part fitted for a special purpose and function, each in harmony with the other—all brought together each part to its place, thus forming the complex structure of the body so perfectly fitted by the Great Architect for every comfort and continuance that nothing can be added by science or by man; but the perversions, misuses, and abuses the grand structure of the human body is put to, vegetate sufferings, premature dissolutions, and immorality.

MEDICINES CANNOT FILL ALL NEEDS.

Don't forget that medicine cannot be your *all-round servant* in the care of your health and cure of disease; it cannot administer a vigorous hot water bath to your body—which in many cases is the only thing needed, together with a quiet rest, a kind word, a tender recognition of appreciation, wholesome food, comfortable clothing, a little recreation—not wholly out with strangers, but with *all* of the family to enjoy the recreation, the seeing something novel, the hearing something new that breaks the monotony, relieves the nerve-strain—the nerve-pressure, and which recreation redounds with a happy spring of refreshing to all.

TAKING TOO MUCH MEDICINE.

Don't forget to remember that you can take *too much medicine*; also, that you can eat *to much foods*, both of which will do harm, but *just enough* of either will serve its goodly purpose. Never take larger doses of medicine than you are instructed to take, and *quit* taking within a degree of intelligence when you feel and see an evident establishment of recovery.

DIRTY DIRT.

Don't forget that there is dirty dirt and clean dirt, and that the various obnoxiousnesses and detritus of the living body and the waste or excess of food is the dirty dirt. The clean dirt is God's soil, the earth, and is a neutralizer—a disinfectant—an antiseptic for much of the dirty dirt, and also for the growing vegetation and the air. But it is quite desirable to enjoy our existence as far from the dirty dirt as can consistently be done, however.

GETTING SICK.

Don't keep the subject of health worn to such ragged raggedness by keeping it in such frazzling wear on every occasion. By occasionally giving it a rest *everybody* will feel better and there won't be nearly so much sickness.

ENTERTAINING THE DOCTORS.

Don't entertain everybody by relating your aches, pains and miseries. Everybody is tired of hearing of aches and pains, but the doctors, who really are too, but they endure it when it brings the *exchange* with which to procure bread. Take this Medical Adviser and you can study out many of your own physical ills, and can do something intelligently in the care of your own body, and you will have less ills of any kind to relate.

Don't go to a physician to be told that you are only tired and need rest, that you need a thorough bathing and need to use soap freely; that the sewers of your body must be cleaned out, that you really must take some active exercise, that your stomach needs rest, that you must take more sleep, that you eat too much of what you ought not to and too little of what you should; that you are not comfortably clothed, that you experience too much mental worry and aggravation, that you have too little recreation, too little sunshine at home, that you center your means and energies too much away from home, thereby impoverishing it and leaving it desolate and neglected, thus making it a vegetator of discontent and imaginary ills which will end in *real* ones.

SHEDDING TEARS.

Don't spend life's energies in shedding tears, while they serve to move the sickly sentimentalist, *actual* life is too brief to spare much time for them, and they are of too little value

to be of much worth in its economy. If the sickly sentimental must have a something to move them, mildly forcibly pass a handkerchief under their noses containing a pellet of nitrite of amyl and they may then shed tears freely and at little loss of energies to *you*, which energies you can invest to better purpose.

HAPPINESS IS TO BE FOUND—WHERE?

Don't think that there is more happiness to be had somewhere else in the world than in your own home. Your own home will be the happiest place in all the world, if you will help to make it so.

Don't think that you can shirk all the obligations and duties in the home, make the other members of it menial drudges, while all the good things are showered to *yourself*, together with the free-easy-time, without there being a volcanic eruption in that home ere long.

WHERE TO INVEST MONEY.

Don't forget that to invest money in the home and comfortable and beautiful surroundings, and the polishing of the home jewels (the members of the home), is the best bank in which to deposit money and the surest to pay returns.

Don't forget *to have a purpose in life and to hew to the line*. Any and all who drift along as aimless as a handful of trash which chances to fall upon the flowing brook, will make a like success of the journey of life. While the trash borne along upon the stream may gather strength from accumulating like companionship, even to the extent of becoming a great barrier to things of better purpose, yet it possesses no utility or property of lastful good—it only occupies the space that might be filled by something of utility; it obstructs the way of better

purposes, or holds out a pretension of utility that must give way on its first testing.

WHY OUT OF A JOB?

Don't forget to ferret out the cause of so many being out of a job; unfold the great panoramic stage of action of life and view the vast array of *vacancies* crying out for both brawn and brain, for competency, for solid thinkers, for willing-workers, actors of tact and knack, of honesty, trustworthiness and uprightness—individuals who do not consume time and energy kicking on existing conditions and waiting for some other body's brain, brawn and energy to be the medium of supplying a job at a salary.

IDLENESS NOT BENEFICIAL.

Don't forget that a very great evil attending the absence of some imperative employment or object of interest to exercise the mind and brain, is the tendency it generates to waste the mental energies on every trifling occurrence which presents, and to seek relief in the momentary excitement of any sensation, however unworthy. The best remedy for these evils is to create intelligent and honest occupations to interest the mind and give the wholesome exercise to the brain which its constitution requires.

Both body and mind are gifts, and for the proper use of them the Great Creator will hold every one responsible, and will call for an accounting.

Exercise does for the body what intellectual training does for the mind—educates and strengthens it. Plato called a man *lame* because he exercised his mind while the body was allowed to suffer. Proper physical exercise increases the physical powers, and leaves more strength to resist disease. A

sound body lies at the foundation of all that goes to make life a success. To obtain and retain the sound body is necessary.

Don't forget that there are some things that are dear at any price, and that this principle is not confined to *things*, but extends to services, and that there is much service that even as a gift would be too dear to accept.

LITERATURE CONTAGIOUS DANGER.

Don't forget that unwholesome literature is a two-fold disease vegetator and developer of the most contagious and destructive nature, combining in the destruction of both body and morals, from the unwholesome cadaver of which emits crime in all its forms, fashionable, popular, and otherwise; ill-chosen companies may find their way into the home circle in the form of literature, which has power to be, at least equally as destructive to purity, as living companions of evil and criminal characters. Quarantine against the microbe of unhealthy literature and there will be less need of quarantine against the microbe of physical disease, there will be fewer of the latter kind.

IDLE READING.

Don't forget to not indulge in idle reading; idle reading begets idle thinking the effect of which is degenerating—it incapacitates for thought, for a steady intellectual mastery of anything—it is the electric force whirling you on the intellectual down grade, ending in a collapse of reasoning powers.

THE MOST IGNORANT.

Don't forget that they are most ignorant who are too ignorant to know how ignorant they are. This class is impulsive, and are the most unpleasant factors we have to meet.

TO BEGIN IN CHILDHOOD.

Don't forget from your earliest childhood to stand erect, walk erect, sit erect, never stoop, train the weight of the shoulders to hang behind you.

Don't forget that being *well fed* is simply having plenty of food, not gluttony.

SAVE FOR THE SENILE COMFORTS.

Don't forget that you can not always be young, carry the responsibilities of and cope with the caprices of commercial business; besides, the life of a business goes out of it, or perhaps there is no more demand for the product, or *your* business life has expired. Lay aside the ten per cent for the assurance of senile comforts and happiness.

IN IMPORTANT MATTERS WHO TO CONSULT.

Don't worry for days and weeks trying to *reason out* important questions with only getting deeper and deeper tangled in the mazes of their mysticisms. Your mother's, your wife's, or your sister's *intuitive judgment* will unravel and decide it for you on the instant.

Don't forget that cleanliness is next to Godliness *only* when the cleanliness of morals and cleanliness of body, both internal and external, are embodied. Hence, when making clean the outside of the body be careful to look to the matter of cleansing the *inside*; clean out the sewers, of which there are many miles.

REMEDY IN FEVERS.

Don't forget to administer hot water spongings to the body in *all* cases of fevers, and especially in all cases of eruptive fevers of whatever type. The good effects are simply marvelous and almost instantaneous; it disperses delirium

when present; it ameliorates the severity of the fever, removes nervousness and restlessness, disperses itchings and irritations. In conditions of small pox, in addition to its dispersing delirium and its cleansing effect to the pox, it soothes, quiets, disperses the offensive odors, lessens the number of pox, hastens recovery from all degrees of severity.

EYE TROUBLES.

Don't forget before telling your *eye troubles* to some one else, when your eyes feel uncomfortable, when you cannot see clearly, or perhaps a little ache or pain from a slight over fatigue, a little inflammation or a pimple or so, to first cleanse out your system thoroughly, send out the rubbish freely, then take a general rest up with plenty of sleep. After this is well done, the "refracting optician" will have his rest unbroken and you will have your eye sight *preserved*. You can better afford to give your feet to the surgeon than your eyes to the refracting optician. Being destitute of either physical or mental vision, there is no greater misfortune.

INCONGRUOUS NAMES OF DISEASES.

Don't permit yourself to be hypnotized by the incongruous nomenclature given to disease. A few of these may be memorized and constitute the knowledge in stock. These names are more hideous than harmful, though poor capital.

GREAT EATING.—DEFICIENT ALVINE ACTION.

Don't forget that a very great amount of *surplus* is taken into the stomach for the sole purpose of the pleasure of swallowing it, and as the system has no use for it, it serves as an injurious annoyer to the system if not gotten rid of.

LEAD PREPARATIONS ABOUT THE EYES.

Don't use lead preparations about the eyes; solid particles of oxide or carbonate of lead become deposited and make permanent opacities.

DANGER IN MORPHINE, CHLORAL, COCAINE.

Don't permit hypodermic injections of morphine, chloral and other like preparations, into your body. These are poison, do you no good, but they do do harm. I have seen some very ugly eruptions, suppurating sores, that were the result of these injections. Hot water injections are not poisonous, hence do no harm; they produce the sedative effect desired, remove inflammation and suppuration, but do no injury.

DANGER OF CARBOLATED APPLICATIONS.

Don't forget that the indiscriminate use of carbolated applications is dangerous. Carbolic acid is poison. It produces carbolic acid gangrene, and it is not at all doubtful but that the gangrene in many surgical operations is due to carbolated applications largely.

PART THIRTEENTH.

MUCH OF UTILITY HERE AND THERE.

GENERAL OBSERVATIONS.

Some of these articles may not be of any value to a few persons who may chance to read them. Such can pass them by; but as everybody coming on the active stage of life must learn everything with which they become acquainted, was born without these knowledges, it may come quite convenient to such people. Were it not for these knowledges that are saved up from time to time every ship must start out upon the sea of life rudderless.

Do not take down the stoves, or remove the means of providing fires from the rooms that are in daily use. To those whose knowledge is of narrower scope, this may seem quite unnecessary to observe; but when the changes in the atmosphere to cool and dampness combined appear, a fire burning even but a short time will remove the suggestion of musty odors that will cling about the rooms on these occasions, much to the improvement of the condition of the atmosphere, as will be noted when the rooms are so treated, and those who must breathe this atmosphere will quickly note the improved condition. Rooms that have been occupied by large numbers of guests, as following an entertainment, there should be fire in the room the next morning for a short time; this destroys the

effluvia left clinging to draperies and furnishings from the multiplicity of breathings of the guests, and for which safeguard there is no disinfectant known that at all approximates this. Burning sulphur in rooms is an additional safeguard, and thoroughly admitting currents of air to pass through the rooms is also important.

TO FIND THE QUANTITY OF PAPER FOR A ROOM.

Measure the sides and add the number of feet; multiply this sum by the height in feet. To allow for the windows, measure the height of a window and add the height of all the windows, and multiply this sum by the width of a window; do likewise for the doors. Subtract the number of feet of the doors and windows from the sum of the walls, and the remainder is the space to be prepared. Divide this remainder by seventy-two, the number of square feet in a double roll of paper, and this result will be the number of double rolls of paper required for the room.

TO REMOVE MOTHER'S MARKS.

“Mix one part of tartrate of antimony with four parts of emplastrum saponatum, mixing it into a paste. Apply the mixture to the affected part, one-fourth of an inch thick, and cover with court plaster. This is said to remove mother's marks. On the fourth or fifth day suppuration sets in, and in a few days later scarcely a trace of the mark can be seen. The *Alle-gemeine Med. Central Zeitung*.”

COLOGNE FOR DESTROYING LICE ON THE HEAD AND BODY.

A cologne for applying on the head and body for destroying lice, is made as follows: Take oil of rosemary, and oil of lemon, of each, two drachms; oil of lavender, and oil of ber-

gamot, of each, one drachm; oil of roses, oil of cloves, of each, twenty drops; alcohol, a pint. Mix, and it is ready for use. Apply to parts affected with lice.

PURE APPLE CIDER A GOOD MEDICINE.

Pure apple cider has long been used and recommended to cure bowel complaints and diarrhea that manifest in summer and autumn; from three to four ounces for an adult, and from two to three tablespoonfuls each day, for a child a year old. It disseminates a feeling of warmth and comfort, checks pain, tenesmus, and tormina, or colicky pains at once, and relieves chills and cramps when present. It is a helpful drink to the typhoid fever patient; it has been known to cure chills. It may be given alone, or with bread; it disposes to make some patients a little dizzy headed, and by taking it with bread, this is overcome.

FOODS.

Many people, especially country people, think they obtain articles of superior merit in the prepared foods offered for sale, but there is no article found among them that can compare in either value or flavor to those that can be prepared in the home kitchen.

DIARRHEA IN MEASLES.

If diarrhea appears in measles it is probably due to the measles or eruption receding inward. Sprinkle over a larded cloth a pinch of lobelia, in powder, and a pinch of capsicum and place the cloth over the abdomen. The measles usually returns to the surface and the diarrhea stops. Saffron tea and sulphur usually brings out the measles in ordinary cases. If there is considerable frontal headache, add five drops of tincture of bryonia to four ounces of water, and give a teaspoonful of

the mixture every two hours. This for a child of from ten months to three years old.

A CURE FOR SOME SKIN ITCHINGS.

Subjecting the parts affected to the fumes of the juniper leaves, daily for six to ten days, is said to cure cutaneous itchings due to syphilitic taint.

RHEUMATISM AND PAINFUL JOINTS.

A mustard plaster applied to the affected part and left to remain short of blistering, is a rapid disperser of not only the pain but the swellings also, in some severe rheumatic swellings. Mustard oil has also been used for the same purpose.

ANOTHER REMEDY.

Arnica oil, a little applied over the affected parts at night, is a disperser of pain and soreness in rheumatic sufferings. Examine the feet for corns and misfit shoes, get comfortable shoes and displace the corns if they be present, by removing the pressure from them. Bathe the feet in hot water and the corns in castor oil.

GOOD OINTMENT.

Take bees-wax, lard and resin, of each, four ounces, and melt all together. It is ready for use. This is a valuable ointment for application to sores, chafings, blisters and abrasions.

FOR WHITENING AND SOFTENING THE HANDS.

Take cascarilla powder and muriate of ammonia, of each two grains; and emulsion of almonds, eight ounces. Mix. This applied to the hands, softens and whitens them.

BREATH DISINFECTANT.

Bromo-chloralum is said to be a most excellent disinfectant of the breath, regardless of the condition of the general health.

Its method of use is as follows: Take bromo-chloralum, one part, and water, eight parts. Mix. Gargle a little of it, and a very few drops may be swallowed.

A FACE POWDER.

Take the very finest corn starch, a pound; pour over it sufficient alcohol to cover it, stir it thoroughly and let it settle. When it is well settled, drain off the excess of alcohol and permit the starch to dry perfectly. It may then be thoroughly well pulverized and any desired perfume added. It is now ready for use, and if no uncomely perfume is added it is perfectly harmless.

PERFUME SATCHETS.

In dresser drawers, handkerchief containers, trunks, wardrobes, and boxes containing writing paper, place perfume satchets. These accessories may be made at home and serve a purpose for disposing of remnants of satin or pretty silks that may have accumulated, converting them into articles of utility and decoration. Take two pieces of cotton, cut any size you like, say three inches by five, sprinkle well with any preferred perfume, place the pieces together, and having made the satchet case, insert the cotton and close neatly, by adding a bow of ribbon if it suits the fancy. If neatly preserved these may be refilled many times with perfume.

TO REMOVE SOILS AND STAINS FROM WHITE PAINT.

Dip a moist woolen fabric in very fine whiting and rub mildly over the stains. It will remove them quite neatly. Oil painted surfaces may be cleansed by dipping a moist woolen fabric in finely powdered chalk and rubbing the parts carefully.

AN IMPROVER FOR OLD FLOORS.

An improver for old floors may be made of simply boiled linseed oil and ochre to give it a suggestion of color, for the

first coating, and permitting it to dry; then apply a sufficient number of coats of the oil to which has been added sufficient ochre to make it coat smoothly, to make the surface of the floor even and smooth. After this is thoroughly dry, apply a coat of copal varnish. This may be applied to porches, walks, or to bed room floors. If the planks in the floors have shrunk it is best to remove the accumulations from the cracks or seams, and fill them evenly with putty.

A preparation which makes a darker color, is boiled linseed oil, two gallons; four tablespoonfuls of burnt umber. Heat the oil and stir in the umber. Apply it with a brush, keeping the oil hot while applying it.

ANOTHER FLOOR IMPROVER.

A stain and polish may be made by mixing one and a half quarts of spirits of turpentine, a quart of linseed oil, alcohol a pint, and gum shellac and resin, of each, two ounces. Pour the alcohol on the shellac and resin and let it remain for twenty-four to thirty-six hours, then add the other articles, mix well and apply.

Ready mixed paints are found for sale, and for those who do not care to mix them themselves, a little labor is saved.

Floors that must be used bare faced, are much more easily kept clean and looking well by an occasional touching with paint, than can possibly be done by any other means.

PREVENTION FROM MOTHS.

The surest prevention from moths of which the writer knows, is keeping musk powder about or among articles likely to be infected with them. The musk can be purchased of any druggist. The powder may be sprinkled among furs, woolen carpets and rugs, upholstered furniture, and woolen shawls, or

the powder may be confined in satchets and placed among these articles.

AN OLD DOMESTIC FURNITURE IMPROVER.

Take apple cider vinegar, boiled linseed oil and turpentine, of each, equal parts. Mix. This makes a good freshening polish for furniture. It may be applied with a woolen cloth.

FOR POLISHING FURNITURE.

For polishing furniture, use rotten-stone and sweet-oil. Then wipe off the oil and polish with a chamois skin.

TO BLEACH FEATHERS OR HUMAN HAIR

Immerse or saturate the articles wished to bleach in peroxide of hydrogen to which a few drops of aqua ammonia has been added. Stir and turn the articles occasionally. This will also bleach pearl and ivory. Use glass, wooden, or stone vessels for containing the bleaching solution.

FOR REMOVING GREASE AND SOILINGS FROM WOOLENS AND SILK.

There is nothing that cleanses or removes grease from wool goods quite so nicely, and with so little injury to the fabric as alcohol. Next to this is water as hot as can be handled and soap. The cleaning in all cases must be done very rapidly, and also the drying must be effected quickly. In conditions where the article is lined the lining must be held away from the part being cleansed, as no matter how nicely the fabric might be cleansed of itself, there are but very few linings that do not fade, and these fadings when permitted to enter the outside fabric, cloud and becloud it, making a failure of cleaning the fabric. When cleansing with the hot water and soap, there is need of two vessels containing hot water; the one used when using the soap, and the other used to rinse

the soap from the fabric being cleansed. Also, there must be two cloths, both of which must be white lest stainings from this source may appear in the fabrics desiring to be cleansed. If the work is done carefully and quickly, very unsightly greasy and soiled garments may be made to be quite spotless by either the use of the hot water, or the alcohol.

TO CLEAN A WHITE FELT HAT.

To clean a white felt hat, cover it thickly with powdered magnesia and let it remain over night. It is a bad case that the soilings will not remove with the brushing off of the magnesia. Any light colored felt hat or any light colored cloth may be cleansed in the same way. Chalk, even the school crayons so applied, has removed many unsightly spots from such fabrics as above.

TO REMOVE RESIN AND PITCH.

When pitch or resin is on articles of apparel and it is desired to remove it, it may be accomplished by the application of alcohol.

FOR REMOVING BLOOD STAINS FROM SILK.

Chloroform applied by means of a white cloth to silk, satin, velvet or plush removes blood stains, and if care is exercised the fabric is uninjured. Chloroform also cleanses woollens from grease and other spots, without injury to the fabric or color, but from its rapidity of evaporation, and the danger of inhaling too much of it and thus obtaining serious results, it is safest to use the alcohol, water and soap for general cleaning purposes.

TO REMOVE FRUIT STAINS.

The removing of fruit stains proves very perplexing sometimes, vexatiously obstinate to remove and sometimes refuse

to disappear. Raspberry, blackberry and cherry stains will usually disappear if soaked in sweet milk for a few hours before the fabric is permitted to be wet with anything else. Also, boiling water poured over the stains before it has been permitted to be wet with anything else. These are the surest and the least harmful of anything of which the writer is familiar. There are soaps that are claimed to remove fruit stains; a soap called Trinola, usually disperses fruit stains, both from the hands and from fabrics.

TO REMOVE GREASE WITHOUT INJURY TO COLOR.

It is said that oxgall and the yolk of the egg will remove grease from fabrics without destroying its color.

TO REMOVE BLACK MACHINE GREASE.

To remove black machine grease, apply a little lard over the part so soiled, of wash fabrics, let it remain for half an hour or so long, then subject it to the washing process and very ugly spots will disappear that otherwise refuse to go. This must be applied before experimenting with some other disperser.

Gasoline cleanses very nicely, very many articles both cotton and wool, from grease spots and many soilings.

TO REMOVE PAINT FROM COTTON OR WOOL FABRICS.

Cover the paint stains on cotton or wool goods with olive oil, lard or butter; let it remain a few hours, then apply chloroform with a clean white cloth and it will remove.

TO REMOVE IRON RUST.

To remove iron rust from wash fabrics take oxalic acid, half a teaspoonful, and dissolve it in half a teacupful of soft water and apply it to the affected part, is said to remove it.

TO REMOVE MILDEW FROM SILK FABRICS.

To remove mildew from silk fabrics expose the affected parts well to the rays of the hot sun. A case is very bad that this will not remove. The writer has succeeded in removing the mildew from silk fabrics that looked quite discouraging, restoring them to about as good as they ever were by this method.

TO REMOVE MILDEW FROM WASH FABRICS.

To remove mildew from wash fabrics immerse the affected parts in a solution of chloride of lime. The solution is made as follows: Take one and a fourth pounds of chloride of lime and add it to one gallon of water, immerse the fabrics and let them remain for about two hours; wring them from the water and expose them well to the rays of the sun.

The old-fashioned leach-lye soap, thickened with salt and applied to the article from which it is desired to remove the mildew, and lay it out during the night, exposing the parts well, is said to disperse mildew.

TO CLEAN SPOTS FROM CARPETS.

Grease spots and many other soilings may be removed from carpets with hot water and soap. First thoroughly remove the dust from the fibre of the carpet; be sure that this is well done; then have plenty of hot water, that there may be no delay. The writer has had best success with Kirk's soap for this purpose of cleansing. Use a white cloth or rag and apply the soap on the cloth, leaving sufficient water in the cloth for cleansing, but no more, not sloppy. With this cloth rub the spot quickly and thoroughly. By observation you will discern when it is properly cleansed. Then with a clean cloth apply the clear hot water, rinsing it thoroughly. Now with a dry cloth or rag, press upon the wet spot and by this means re-

move all the moisture possible to hasten the drying, which must be done quickly, but not by applying a hot iron. This process applies to all-wool carpets. If the proper care and speed have been exercised in executing this cleansing, a perfectly satisfactory result will be obtained.

TO REMOVE SPOTS FROM LEATHER.

It is claimed that pipe clay mixed with water when used, will remove spots from leather and will not affect the most delicate color.

TO CLEAN A MEERSCHAUM PIPE.

That meerschaum pipe does need cleansing sometimes. Sand paper and alcohol applied, will make it about as good as new, unless it is ragged.

TO FRESHEN EIDERDOWN COMFORTS.

Shake them out very evenly and hang them in a mild sun, not too severely warm, as a suggestion of oil may be brought out thereby.

TO REMOVE RUST FROM STOVE PIPES.

To remove rust from stove pipes, apply linseed oil, let remain half an hour or so long, then rub the pipe with a wool cloth.

TO PREVENT SILVERWARE FROM TURNING BLACK.

One great help to keep silverware from turning black, is to keep it from a room in which coal is burned. Then thoroughly dry it before putting it away, and wrap it closely with fine tissue paper, or unbleached cotton flannel. Place a piece of camphor gum in the container in which you have placed the articles, and if they are not exposed to dampness they will not tarnish.

TO PREVENT LAMP CHIMNEYS FROM BEING SMOKED.

Soak the lamp wick in strong apple cider vinegar, let it dry before using, and it is said that the chimney will not smoke.

TO IMPROVE THE LIGHT.

A small lump of camphor gum added to the coal oil in the lamp, pleasantly modifies the odor, and improves the brilliancy of the light.

TO CLEAN THE LAMP BURNERS.

Add a teaspoonful of washing soda to a quart of soft water, boil the lamp burners in it ten or fifteen minutes, and then dry them. This frees them from accumulations and thus prolongs their usefulness.

CLEANSING LAMP TRIMMINGS.

Rubbing brass trimmings of lamps with salt moistened with vinegar, is recommended to prevent them from tarnishing. Whiting or wood ashes applied quite briskly with a wool fabric, keeps them looking quite well.

WATERPROOF SHOE BLACKING.

A shoe blacking that is said to be waterproof is made as follows: Dissolve an ounce of borax in a pint of water, and add shellac to make it the consistence of paste; dissolve an ounce of camphor gum in half a pint of alcohol and mix with the paste and then add lamp black sufficient to make it black.

ANOTHER PREVENTION FROM MOTHS.

Naphtha sprayed among the articles desired to preserve is said to prevent the appearance of moths and to disperse them when present.

Also the moth balls found for sale by druggists, placed among woolen fabrics prevents the appearance of moths.

PART FOURTEENTH.

MUCH OF GOOD VALUE.

REMEDY FOR SOBERING FROM ALCOHOLIC INTOXICATION.

Half a drachm of carbonate of ammonia in a wine glass of water is said to be a prompt emetic and sobering restorative in cases of alcoholic intoxication.

ANIMAL FLESH EATING.

How much of the manifestations of disease in the body of the human family is due to eating animal flesh has never been investigated. From superstition born of ignorance, as all superstition is, many persons proscribe pork or the meat of the hog, and extol beef. Pork meats are the most nutritious, beef the least nutritious; and for healthiness the same can be said. But it will bear investigation whether *any* animal meats should be eaten. Every necessary for the nutrition of the body is found in other substances.

ANOTHER REMEDY FOR REMOVAL OF TAPE WORM.

C. A. Estabrook, in *Eclectic Medical Journal*, 1871, recommended the following for removal of tape worm: Take pul. kouso, three drachms; water, four ounces. Mix, and give it all at a dose. Wait six hours and then give two ounces of castor oil. It is reported that the worm comes in about six hours.

FOR OLD SORES.

Sores on the arms and lower limbs especially, are sometimes very slow to heal. This in very many cases is due to the limbs hanging down, as in the case of an arm, and in case of the legs by their almost constant hanging position; this hanging position too prolonged and as it usually is, and the enfeebled condition resulting from the injury, leave the circulation but imperfectly performed, and engorgement of the parts ensues which in turn adds to the congestion already present, additionally increasing the hinderance to repair. Wash the sores with hot water and castile soap, rinse with equal parts of calendula and water, dry, and apply castor oil over the sore, cover with fine new unwashed cotton, and confine in place with a bandage just sufficiently firm to brace the parts comfortably. Tincture of benzoin, a drachm, added to three ounces of the water used to rinse the sore, instead of the calendula, if it cannot be obtained, also does well.

SALVE FOR CAKED BREASTS.

Take turpentine, half a pint, add one ounce of camphor gum and let it dissolve; melt bees-wax half the bulk of the turpentine and add to it the other remedies. Mix it well and it is ready for use. Apply this very thick all over the breast, especially well over the part next to the arm. Cover the breast with a binder in such a way as to form a support. This dressing need not be removed every day unless some unpleasant symptom manifests, which rarely does; every second or third day is sufficient, usually. When the dressing is renewed, bathe the affected part well in very hot water. In cases of great severity, the dressings may be changed every day and the hot water bath administered, then the dressing of salve again applied. If tenderness over the skin is manifest, before

applying the salve apply castor oil all over the surface of the part.

This salve forms a curative application to caked breasts, boils, indolent tumors, cancerous and carbunculous formations.

CLAY AS A DRESSING TO VARIOUS HURTS.

It is said that the stratum of clay which lies immediately beneath the soil, that which is used for making the best red brick, has valuable curative properties. It is to be dried in the sun, and the coarse part removed by sieving, reserving the fine part for use. Moisten it with water when desiring to use it. It is applied about an inch thick, and confined in place as a plaster.

It is recommended to be curative in all conditions of boils, tumors, swellings, rheumatism, and to abort felons. In the last named conditions it must be applied at the immediate onset of the felon, when it first appears that a felon is developing, and before pus is formed. This would be true in case of boils and tumors; but in swellings and rheumatism where no disposition to form pus exhibits, it may be applied at any stage of the condition.

THE RENOVATOR.

An excellent renovator, and one that is worth many, many times more than the cost in money and labor which it requires to prepare it, is made as follows, and is an old-time remedy much used in our childhood days. It is here given somewhat modified, though the changes do not decrease its real value, but rather increase its value: Take mandrake root, yellow dock root, burdock root, bittersweet, prickly ash berries, and red clover tops, of each two ounces; gentian, two drachms. Place them all in an earthenware or granite vessel and pour over them two quarts of boiling water and let stand for twelve

hours, then keep it hot short of boiling for five hours. Now strain it and add a pint of gin and bottle it for use. Dose for an adult is a tablespoonful once a day. Its action is that of a tonic alterative and may be given in cases of almost any general derangements, and to persons of any age, by regulating the dose according to the age. It promotes excretion, purifies the blood, increases the appetite, favors nutrition and healthy blood making.

CURE FOR ENLARGED TONSILS.

“A Dr. Wenman, East Liverpool, Ohio, reported that fluid extract of jaborandi, one ounce, and simple syrup, one ounce, mixed, and a teaspoonful of the mixture given three times a day, will cure enlarged tonsils from whatever cause, syphilitic or otherwise.”

FOR SKIN SORES.

Take glycerine, three ounces; borax in powder, one drachm. Mix. This forms an application that is soothing to some manifestations of skin annoyances, skin sores, pimples and abrasions.

SOMETHING MORE ABOUT CARBUNCLE.

When there begins to manifest an appearance of a great big boil, the condition we call carbuncle, take a capsule (see remedies in this book) every three hours till free biliary alvine dejections are seen; then take the above named Renovator, or some of the mixtures named in this book which contain yellow dock, a tablespoonful or teaspoonful once a day, just before retiring to bed at night. Add twenty drops of fluid extract of bryonia to four ounces of water and take a teaspoonful of the mixture three times a day.

Take glycerine, essence of peppermint, turpentine and castor oil, of each one ounce. Mix. Apply over the part all it will take up twice a day.

You will be pleasantly surprised at the speedy dispersion of pain throughout the body, and also the carbuncle. Try it, it is not bad medicine for a pain-disperser.

A GOOD REMEDY TO HAVE ON HAND.

Take a heaped teaspoonful of golden seal in powder, place it in a granite cup and pour over it a pint of boiling water; let it remain hot but not to boil, for an hour. Remove from the fire and strain it. Add to it five ounces of glycerine, mix it well and bottle it for use. It keeps well for considerable time. It is a valuable application to sores, old sores and many irritations; a tablespoonful of it added to a pint of hot water makes a most valuable injection in conditions of leucorrhea; it is valuable as an application to gonorrheal sores; and it is a valuable application to irritations due to gonorrheal discharge. Apply it to these parts after they have been cleansed.

FOR CURING RHUS POISONING.

Oil of sassafras and glycerine, equal parts, mixed, and applied to the affected parts, is said to give immediate relief in conditions of rhus poisoning (the poison oak).

CURE FOR CHILBLAINS.

The juice obtained from sliced raw Irish potatoes that have been sprinkled with salt after having been sliced, and permitted to stand for three hours, then applied, is said to cure chilblains. It is certainly cheap enough for even the economical to use.

OBSERVATIONS.

It is stated that A. Bronson wrote all his poems after his eightieth year; that Van Rank when eighty-six years old was writing the history of the world; that Whittier when over seventy wrote most of the morning, walked most of the afternoon, and often went to a party in the evening. Longfellow after seventy-five read diligently and collected materials for future work; Oliver Wendell Holmes at over sixty was bright, cheery and physically active, and mentally strong and sprightly as ever; that Walt Whitman, carpenter, printer and poet, was hard at work at sixty-four; that Humboldt commenced the study of Hebrew at eighty, and that Victor Hugo at eighty was vigorously at work.

War is a display of intellectual inferiority, a low grade of morality. It is the weapon of a people on the intellectual down grade.

SUDDEN LOSS OF HAIR.

Rev. J. W. Linley, who at the time of making the statement lived in Nokomis, Illinois, lost the hair from his head, eyelashes and eyebrows, consequent from grief-shock incident to the loss of his child, wife and property. The writer, a Mr. John Busby, and many others whose names the writer at this time cannot call to mind, heard the above named minister relate in a sermon he delivered at the South Fork M. E. church in Christian county, Illinois, that the hair from his head, his whiskers, eyelashes and eyebrows fell around him at once to the floor from the above cause.

LONG PRESERVED WREATHS.

"Wreaths taken from the tomb of an Egyptian king where they had been drying three thousand and five hundred years, by judicious manipulation in hot water, the dry cells swelled into their original shape, the leaves attached to a card board and treated as recent specimens were sent to Sir Joseph Hooker and exhibited at a late meeting of the Royal Society. The botanical character of the plants was fully established; some were familiar, while others could not be classified."—*Eclec. Med. Jour.*, 1883.

OBSERVATION.

Science will, so far as medicine is concerned, celebrate its two thousandth century perfectly chaotic. The only certainty we have in medicine is *physic* and *hot water*, and the credit of this discovery by no means belongs to science—neither the principle nor the agents used. On these two agents, *physic* and *hot water*, together with rest and foods, depend the success of about *all cures* of *all* the ailments of the human body.

One of the most amusing and entertaining freaks of science is its mode of naming conditions of disease and parts of the human body as "Potts' disease," "Bright's disease," "Hodgkin's disease," "Addison's disease," and parts of the human anatomy as "McBurney's point," "Douglas' cul de sac," etc. It is quite entertaining if not enlightening.

CREMATION OF THE DEAD.

Cremation of our dead is not prevention of nor cure for any of the ailments of the living. It should never be permitted. There is not the least possible danger that the world will arrive at a condition that there is no space permissible to decently bury our dead—not even though the present type of humane (?)

and christian (?) people should continue to carry on wars ever so frequently as they have done in the past.

OBSERVATIONS REGARDING THE AGED.

There are many annoyances manifesting in advancing and advanced life in the aged that are simply due to the general failing or the letting loose of life, all the parts becoming more and more feeble, becoming less and less able to perform their functions. Hence, ameliorating and preserving treatment can best conserve to the best interests of the aged; proper rest, proper foods, proper clothing, proper entertainment, and keeping the excretory habits of the kidneys and bowels properly active, constitute the chief means for preserving the health of the aged and continuing their life to the greatest length of time. Aged people have much time on their hands which may be advantageously employed, at least part of it, in properly cleansing, bathing and engaging in pleasantries, thus greatly aiding in a wholesome preservation of both body and mind.

PART FIFTEENTH.

A FEW HINTS ABOUT STOCK, AND THE FARM HOME ECONOMY.

DOMESTIC STOCK.

All domestic stock should be kept clean, well fed, given plenty of clean water to drink, and have a shady nook to retire to in extreme hot weather, be well housed in cold weather, and have plenty of room to exercise in. Especially should these provisions be made for milk cows. When cows are filthily fed, and filthily surrounded, it mars the quality and flavor or the milk greatly. For a test of how this affects the milk, feed a cow onions or permit her to eat weeds, when you will discover the milk will contain the taste and odor of either. Clean surroundings and clean foods are essential to pure and wholesome milk. Slops should not be fed to milk cows, in fact it should not be fed to anything that must be converted into foods, to do so is a grave mistake. It is the filthy feedings and filthy care that hogs get that makes their flesh more unfit for food than other meats. There is no stock that is so filthily kept as the hog. If properly kept and properly fed, its flesh is superior in nutritiveness to any animal meats of which the writer knows, and no more unpleasantness is likely to arise from eating it than from any other animal meat or flesh.

A GOOD CONDITION POWDER.

A good condition powder for stock is made as follows: Take resin, sage, peppermint, gentian, golden seal, sassafras bark, and slippery elm bark, of each, four ounces; epsom salts, two ounces; mandrake root, one ounce; buchu leaves, two ounces; and eight ounces of sulphur. Mix well. Have the barks, roots and leaves, all coarsely ground before mixing, in which condition they may be purchased. A heaped tablespoonful of the mixture given in chopped or ground foods, is a dose for a cow or a horse. A dose may be given every day for three days, then twice a week to once a week, will restore even very unpromising cases. This is valuable in very many ill-conditions manifesting among stock, horses, cattle, sheep, or hogs, as sluggish growth, inactivity, ill-nourishing, loss of flesh, feeble appetite, colicky dispositions, rough scurfy skin, and ragged, dead appearance of the hair.

COLIC IN HORSES.

Sometimes what seems to be severe colic in horses, is much more frequently urinary trouble than is supposed. Urinary trouble may be known to exist by the frequent passages of small quantities of urine with evident pain, or by a prolonged time without the passage of any. This last condition may be noted by inspection of the surroundings, and by the absence of this function during the paroxysm of suffering, and the evident breaking up of the attack almost immediately following the appearance of this function being performed. The stiff movements about the hinder parts, the restless gait, the straddling movements, the violent and brisk switching of the tail, and the frequent looking back at the flanks, pretty generally indicate some trouble of the urinary organs, and the remedy that will give relief in the human family, will for like conditions, give relief to the horse and may be as safely given.

A remedy that has given speedy relief is, hyoscyamus, five drops in a half pint of water; the dose may be repeated in thirty minutes, if relief is not evident by that time. Also, another valuable remedy is, half an ounce of sweet spirits of nitre, and two ounces of glycerine added to half a pint of olive oil or castor oil, and given at one dose.

HEAVES.

Long continued feeding of horses with dry, dusty clover, dry dusty hay, chaff and dry fodder or dry feeds generally will produce asthma, usually called heaves, but it is really asthma.

To effect a cure turn them out in pasture or a large yard, and give a change of feed once a day, at least. If in summer turn them on good green pasture. If in winter feed cabbage, carrots, turnips, and apples chopped quite finely, which will constitute an agreeable change. These articles form an agreeable change for any stock that must be fed chiefly dry feeds. For hogs the following forms a good and acceptable change: Pumpkins, tomatoes, watermelons and cabbage, all of which are relished quite well, they frequently leaving dry foods and take these articles in preference.

SCURF OR MANGE.

This condition usually manifests from a species of all around neglect, bad feeding and uncleanly surroundings and badly housed. Give the condition powder directed in this division of this book, wash the animal clean with water and soap, rub dry with a woolen rag and then blanket. Repeat this treatment about every third day, protect the animal from inclement weather and feed well. Brush their surface well every day with a rubber brush, or if a rubber brush cannot be had, use a hair brush. Keep their surroundings clean. Wood ashes, salt and sulphur, equal parts, mixed, and half a teacupful or a teacupful

given every day, frequently answers all the requirements of medical treatment needed, but without the precautions of care and well feeding no permanent benefit can be effected.

DISTEMPER.

For curing distemper in horses or colts, frequently a dose of salts given once a week, will be all the medicine necessary in addition to proper care. In fact the distemper would not have appeared if proper care had been their usual treatment. In severe cases give the above named condition powders. Salt, sulphur and ashes mixture given in addition to proper care, is in many cases all that is necessary.

WORMS.

Occasionally stock are annoyed by the presence of worms. To disperse them, frequently a pint of spearmint tea, given to a large animal, morning and night, will effect the result. And in addition to proper care the salt, sulphur and wood ashes mixture given, proves all of medicine that is needed in cases of the presence of worms.

LICE.

Stock properly cared for will not become infested with lice, no more than the human family will. Feed well and keep clean, is the prevention. To disperse when present, clean both stock and surroundings, and apply grease, lard or fried bacon drippings, will disperse them. Usually one application is sufficient. Inspection should be made and the stock so infected should be washed.

SCRATCHES AND GREASE HEEL.

These conditions are due to the horse being filthily kept and abuse of the feet. Keep a clean place for the horse to stand in, feed well, wash the feet with castile soap and hot

water. If it can be had use the old fashioned wood ashes leach-lye soap to cleanse the feet with. Make a salve of the following and apply: Take bees-wax (the yellow), and resin, of each, two ounces; laudanum, half an ounce; lard, four ounces; oil of peppermint, two drachms. Mix the lard, resin and wax by heat, remove from the fire and when a little cool add the laudanum and oil of peppermint and stir the mixture till cold.

SPRAINS AND BRUISES.

Sprains and bruises should be well bathed in equal parts of water and vinegar, using it hot. Equal parts of mullein leaves tea and vinegar is also good for a bath in these hurts. A liniment made of the following articles is very helpful in dispersing the soreness and the swellings from these injuries: Take essence of peppermint and glycerine, of each, four ounces. Mix and apply all the part will take up. The following is also a good liniment: Take oil of spike, two ounces; spirits of camphor and turpentine, of each, three ounces; glycerine, four ounces; oil of peppermint, half an ounce; tincture of arnica, two ounces; and castor oil, two ounces. Mix, and it is ready for use.

EPIZOOTIC.

For the epizootic keep the horses affected cleanly and warmly housed; give clean water to drink, and let one drink each day be as warm as the animal can be induced to drink. Sprinkle sulphur freely in their hay, burn a little in their room each day and give the condition powders named in this book, or equal parts of sulphur, salt and wood ashes, mixed, may be given.

SELECTING A HORSE.

The purposes or uses the animal is intended to serve are to be considered in making a selection in the purchase of the horse you would buy. The heavily built horses are more suited for draft purposes; those animals of trimmer build and less bulk serve best for the buggy; the pony build serves for the children's riding purposes quite nicely; and for the adult the tall trim built serves best for riding purposes. The shaggy coat of hair, the hungry look, the dull and stupid expression, and the scabby, scurfy head are bad signs.

OBSERVATIONS.

The well cared for horse and the kindly treated horse neighs in a kindly and pleasing tone to welcome the coming of his master and shows good keeping by his slick and shiny coat, but the badly kept, the badly cared for horse, gives the cowered and fearing neigh, shrinks and cringes from his master's coming and shows bad keeping by his wrinkled skin and his ragged coat.

PERIODS OF GESTATION OF THE LOWER ANIMALS.

The periods of gestation among some of the lower animals is recorded as about the following time of duration: The horse and ass, about eleven months each; the cow about nine months; the buffalo and camel, twelve months each; the elephant, according to some observers, two years; but according to the observations of Prof. A. J. Howe, M. D., the elephant goes twenty to twenty-one months; the sheep and lion, each, five months; the reindeer, eight months; the monkey, seven months; the bear, six months; the sow, four months; the dog, nine weeks; the cat, eight weeks; the rabbit, four weeks; geese set thirty days; swans, forty-two days; the domestic hen, twenty-one days; ducks, pea hens and turkeys each set twenty-eight

days; canaries and pigeons, each fourteen days, and parrots, forty days.

FARM AND GARDEN MISCELLANY.

The following hints may be of value to some one, hence they are worthy of a place. While there are many people who do not need information in this line, there are many who will be thankful to get it, and as none are born possessing the necessary knowledge for conducting the business economies of life, all must learn it if they obtain it.

HINTS IN THE CARE OF DOMESTIC FOWLS.

“The domestic fowls thrive the best and keep the healthiest when permitted a wooded place to run, a place where there are many trees, either orchard or forest trees, preferably the forest trees. With the privilege of such a place they will require less feeding. Wholesome, clean feeding, plenty of clean water, clean surroundings and ample room are essential for profitably keeping any of the domestic fowls. Without these they are unprofitable. Cramped in small space in the yard they must occupy they are unfit for eating purposes. With good care the domestic fowls are profitable and well repay the necessary work, either chickens, turkeys, ducks or geese. The time necessary to care for eight or ten dozen stock chickens, a couple of dozen turkeys and as many ducks and geese leaves much time of each day yet unoccupied, and where there are growing children their time may be made profitable by devoting a part of it to such work, which they can do very well and with no injury to themselves, which in addition to being self-helpful keeps them in wholesome employment, free from undesirableness in occupation and companionship.

Plenty of lime, wood and cob ashes and clean sand are valuable and really essential utilities in the domestic fowls’

yards. Sulphur added to the sand, ashes and lime are advantageous in preventing the appearance of insects on their bodies.

The chickens should not have to roost on poles; they should have planks at least a foot wide to sleep on, as having to sleep on a pole deforms their bodies, deforms their breast bones, as will be noted by inspection. Their sleeping place should be cleansed, thoroughly ventilated, and whitewashed every three months, and sulphur burned in the room; by this means it is kept free from vermin. In fact, every place about the fowl yards should be whitewashed with lime three to four times a year.

While the foods usually fed to growing chickens greatly aid them, yet they will thrive better if their foraging district lies under many trees, wild forest trees being the best, especially is this true in regard to chickens and turkeys. A liberal green grassy district provides the ideal forage field for ducks and geese, and with these they will do well and be thrifty with but comparatively small quantity of additional foods.

All domestic fowls require a change of foods occasionally, chickens especially. A variety of grains is better than a few sorts, and during the winter season some green foods should be provided, as cabbage leaves, cooked potatoes, etc.

A comfortably warm and dry place should be provided for the domestic fowls for the winter living. Especially must these provisions be made if they are expected to do well, thrive well and lay eggs.

TO CURE CHOLERA AND ROUP.

When fowls manifest cholera, roup or catarrhal sniffles, cooked foods fed to them as warm as they will eat it, serves best for feeding. No matter what foods are fed the cooked

foods serve the best in the above cases. In the immediate first appearance of these sicknesses, in addition to feeding cooked food, May apple root tea may be added to their foods three times a week. This disperses the above conditions with no other medicines. The May apple root is difficult to obtain in some places, but the podophyllin answers the same purpose, and may be obtained anywhere. To give the podophyllin, place one-fourth of a grain of the podophyllin in a cup and pour over it one pint of boiling water, let it stand for an hour where it will keep hot, then remove from the fire and it is ready for use. To a gallon of corn meal dough that is intended to be baked, add four tablespoonfuls of this tea. This quantity makes sufficient for five dozen chickens for one feed. Also a tea made from the condition powders named in this book, will cure these conditions. Take half a teacupful of the condition powders, place them in a cup and pour over them a pint of water, let it stand for an hour, remove from the fire and it is ready for use. To a gallon of corn meal dough intended to be cooked, add five tablespoonfuls of this tea. This is sufficient for a feed for five dozen chickens.

Onions added to the feed of the domestic fowls are a valuable addition to their foods, much improving their health, but they must not be permitted in their foods within sixty days before they are dressed for cooking, as the onions so unpleasantly taints the flesh that it is unfit for food.

The food for very young fowls serves best when cooked, especially for the first three or four weeks of their early life. And when they must confine to but one food, the corn meal cooked into bread serves best.

Coal and charcoal may be kept in one trough of their drinking water; this should be refreshed once or twice a week, adding fresh charcoal and coal, and supplying additional fresh

water sufficiently frequent to insure cleanliness. Sulphur should be placed in their drinking water on Sundays. To insure them drinking these medicated waters, keep away the pure water until they have to take a drink, then give them the pure water.

TO CURE THE GAPES.

Give a drop of spirits of camphor in a little water to the little chicks affected with gapes. This in addition to feeding them well and protecting them from chill and cold, will usually cure them.

TO CURE THE SCABBY LEGS.

Make a salve of equal parts of sulphur and pure hog's lard, and apply it over the legs of fowls affected. This will cure them.

TO EXTERMINATE LICE.

When neglect has permitted the fowls to become stocked with lice, the quickest way to get rid of the vermin is to smear the bodies of the fowls with grease drippings or lard, when it will be found that the lice either disappear or die. The fowls must be removed to a clean sleeping place.

Pulverized tobacco leaves sprinkled about the nests and places of the brooders, prevents the appearance of lice.

The domestic fowls yard, even on a small scale, well repays the time and energy necessary to its care.—Mrs. Hattie E. Sturgeon, Irving, Illinois."

[The above article was furnished to me by my sister, whose name is given with it.]

RAISING FRUITS.

While all localities are not adapted to raising the same varieties of fruits, with a little effort the various localities

may each produce the peculiar kinds of fruits for which they are adapted, and shipping is so easily effected with the present facilities, that no locality need lack for an admirable variety of fruits at all seasons of the year. One of the greatest drawbacks is that everybody is afraid that if they plant a tree, they may not live to eat all of the apples, plums, or figs that might possibly grow upon it, and so time drags along and there is no fruit for anybody.

And the quantity of fruit that some people plant, makes one wonder if it had been planted for a limited number of button hole bouquets, instead of having enough of it to eat to satisfy hunger with.

TO DESTROY THE CODDLING MOTH.

Lime will destroy the coddling moth in the fruit trees, if applied, but the application must be made before it works the destruction too completely. The lime may be scattered through the branches when the dew is on, or just after a rain, or, lime water may be sprayed or sprinkled on the leaves. To prepare the lime water, add four ounces of lime to two gallons of water.

TO DESTROY THE GREEN WORMS THAT EAT OUR CABBAGE.

Take coal oil, a teacupful; soap, half as much; salt, a fourth as much; and water, two gallons. Mix thoroughly and it is ready for use. Spray or sprinkle scarce half a teacupful of the mixture over each plant, from three times to twice a week. The writer has dispersed them in this way, and succeeded in obtaining fine large cabbage heads.

TO PREVENT PEAR TREES FROM DROPPING THEIR FRUIT BEFORE MATURING.

To prevent pear trees from dropping their fruit before maturing try the following: Make a hole a foot and a half or two feet above the ground in the tree, the hole about an inch in diameter and from an inch to an inch and a half in depth, fill it full of sulphur and close it over with bees-wax. This has proved successful, or at least the fruit remained on the trees and matured after this was done, a thing which had never happened before.

CANNING AND PRESERVING FRUITS.

In canning fruit, in order that it be well done, much care must be exercised. Well matured fruits must be selected, and fruits must be fresh gathered. Fruits that have been gathered several days are unfit to be canned, and will not keep. Fruit should be canned the same day it is picked; it should be well matured, and should be picked before it is heated up with the sun.

Peaches should be washed before removing the skins always, whether they are for immediate eating or canning, making into marmalades or used in any way.

Canned fruits do not keep well if sugar is added, unless sufficient is added to preserve, which if this be done they are not a canned fruit as we usually understand when speaking of canned fruit, but are a sweetmeat. And in addition we are disappointed in the flavor.

Glass is the material for vessels in which to can fruits. Tin-canned fruits are undesirable.

PREPARING FRUIT TO CAN.

In preparing fruit to can inspection must be made to see that there are no imperfections in it, and that it is thoroughly

clean. In proportioning the fruit for filling the cans, some careful attention in calculation regarding the quantity of fruit for each can must be exercised. For most of the fruits usually canned, an allowance of one and a half times as much as the can will hold before the fruit is heated must be made. Berries will require, to fill the can with berries, about one and three-fourths times as much as the can will hold before the fruit is heated.

Never add any more water than is absolutely necessary, as water impairs the flavor of the fruits. There must be sufficient juice or water to cover the fruits, but usually in berries there is sufficient juice; peaches, apples, pears and plums require more water added, as the juice does not remove from them very considerable by heating.

Abundance of hot water must be at hand for heating cans. A granite vessel serves best in which to heat the fruit; a tin vessel will serve but it must be new. This provision is to be made when the fruits are not placed in the jars and heated in them.

CANNING THE FRUITS.

After having prepared the fruits with care, measure sufficient for the can or cans desired to be filled, and place it in the granite vessel with water sufficient and let it heat thoroughly and well through to free boiling, then place it in the can, and adjust the cap and rubber very quickly and firmly. The cans must be previously heated in water, in which it must sit till filled and sealed. To heat the cans and prevent breaking, first place the can or cans, in cold water and add hot water to heat quite hot. If the heat is brought up in this way the can will not break, and it is of the proper temperature to receive the hot fruit.

Care must be exercised in handling the fruits that they be not unduly broken up. Several attentions to re-tighten the caps of the self-sealing cans must be made during the cooling of the fruit; and also for several days thereafter.

After the cans are filled they should be placed where the light will not fall and remain on them.

All fruits should be just well ripened, but not to the verge of passing into decay.

Many of the juices of the fruits may be pressed out without crushing the seeds, treated to heat as for canning fruits, placed in cans and sealed the same as the fruits. A pound of sugar or sufficient to make palatable may be added to a quart of the juice, it permitted to boil up and remove any scum that may arise, then seal the same as in canning fruits. This is not intoxicating, and especially the grape fruits are quite palatable and nutritious, are much admired by many, and for the sick are quite refreshing.

The above methods give satisfaction, and are easily carried out in domestic fruit canning.

MAKING PRESERVES, JELLIES AND MARMALADES.

In making preserves, jellies and marmalades, some testing or experimenting is necessary almost every year; some years there being more juice in the fruits than other years, necessitates either adding more sugar or boiling the fruits longer time. As much sugar as fruit, by bulk, meets the requirements nearly every year, however. Pears require less sugar than other fruits.

COLORINGS.

When we view the many faded-shady tints in fabrics that have done no service really, a wish arises that it might become

once more a fashion to color fabrics instead of simply staining them.

FOR COLORING BRIGHT RED ON SILK OR WOOL.

Bright red for silk or wool is prepared from cochineal chiefly, and was much used in the days when clothes were woven by the mothers in nearly every home. Take muriate of tin, two ounces; cream of tartar and cochineal, of each, one ounce. Confine the cochineal in a little bag, then place it and the other ingredients in three gallons of soft water and bring it to boiling. Then add the goods, which must have been wrung from hot water; let them remain for about fifteen minutes, stirring and lifting to insure an even coloring. Now lift them out of the dye and rinse them in cold water and hang them up to dry. By adding less cochineal a pink may be dyed. This does not fade, and will dye either silk, wool or cotton.

COPPERAS COLOR.

Copperas color is one of the easiest colorings effected, and keeps its color well. Take one pound of copperas and add it to two gallons of hot water and heat it to a boil in a kettle; remove it from the fire, and having wrung the fabrics desired to be dyed, from equal parts of leach-lye and water, plunge them into the dye, and lift and turn them to assure even dyeing. Remove them in about half an hour, rinse them in hot water, and hang them up to dry. This is for coloring cotton.

LEAD OR DRAB COLOR.

A lead color that is said not to fade, is effected as follows: Add half a pound of green tea to six gallons of hot water and bring to boil; squeeze out the bag of tea, and add to the dye two tablespoonfuls of copperas, stir it till dissolved; wring the fabrics desired to color from hot water and

immerse them in the dye; lift and turn them to insure even coloring, and in twenty minutes they may be removed, rinsed in warm water and placed to dry. This is for wools.

A CHEAP DYE FOR BRIGHT YELLOW.

Boil apple tree bark in twice its quantity of water, by bulk; wring the fabric desired to be dyed from mild alum water, and after having strained the dye, place the fabrics in it and let them remain for three hours, lifting and turning frequently to insure even coloring. Then remove from the dye, rinse them in warm water and hang them up to dry. This dye will color as much fabric as it will well wet up. This dye is for coloring cottons.

FOR COLORING BLUE.

The indigo blue is a long process to color, but if one desires a blue that will give satisfaction, that will not fade, no matter whether pale or dark shades of color be made, this is the color that is wanted. To make the dye place three gallons of soft water in an iron kettle; add sufficient of leached lye to make the water feel soft when passing it through the fingers; sprinkle in this a teacupful of bran from which has been sifted the surplus flour; add half a teacupful of red madder, and confine in a bag a lump of indigo the size of a teacup if a dark color is wanted, or half this size if a paler shade is wanted, place it in the dye, cover the kettle and place it where it will keep warm. In from five to seven days it will be ready for use. When it is ready, however, can be known by there being a blue scum over the top of the dye. Place the articles desired to be colored in the dye, all that may be without being closely packed, and let them remain over night, or twelve to fifteen hours. Then wring them out and expose them well to the air and permit them to dry. After they have dried rinse them in

warm water and dry. Darker or lighter colors may be obtained by adding less indigo, or by permitting the articles to remain in the dye a longer or shorter time.

BRIGHT RED FOR COTTON AND WOOLS.

To color a bright red, add five pounds of redwood chips and a pound of alum to water sufficient to wet and not pack twelve pounds of fabric, placing all of these articles in a brass kettle and let it stand for fifteen hours; now place the fabrics in the dye and keep hot for half an hour. Remove and rinse in hot water. It is said not to fade.

AN INDELIBLE INK.

Add half a teaspoonful of lunar caustic, well broken up, to half a pint of water and let it stand till the caustic is dissolved when it is ready for use. Add a teaspoonful of soda to a tea-cupful of water, wet the article desired to mark with this water and let it dry. After marking, place the article in the sun to dry.

INEFFACEABLE INK.

The following ink is said to not be effaced by being buried in the ground, or by exposure to weather. Take of sal ammoniac and verdigris, of each, two drachms; lamp black, one drachm; water, a gill. Mix well together in a mortar, adding the water slowly. Keep it in a glass bottle well stoppered. Shake the ink before using, and write with a quill, on bright zinc. It is valuable for labeling trees. It might not be amiss to write the name of people who are to be buried, and place the label inside the coffin under the glass, making it visible to the outside of the coffin.

COPYING INK.

An ink that is said to copy perfectly, and that does not blacken nor act upon metallic pens, is made as follows: "Dissolve seven drachms of dry campeachy wood in eight fluid ounces of hot water to which one hundred grains of crystals of soda have been added. When dissolved, add one fluid ounce of glycerine and twelve grains of neutral chromate of potassa dissolved into a little water, and one hundred grains of powdered gum arabic, also dissolved in as little water as possible. Mix all well.—*Boetger*."

GLUES AND CEMENTS.—A CEMENT.

Equal parts of common pitch and gutta-percha melted together in an iron vessel makes a cement that is said to not be injured by water. Also, that it will mend or firmly fasten together wood, stone, leather, glass, porcelain, feathers, wool, cotton, parchment and linen.

ANOTHER CEMENT.

"Rub well together twenty parts of gum arabic, two parts of nitrate of lime, and twenty-five parts of water. When carefully done it forms a transparent glue that unites wood, glass, porcelain and stone. Apply it to surfaces desired to be united, and bind together till dry."—*American*.

A GLUE.

"Dissolve glue in nitric ether, what it will take up; this makes a glue of better quality than if dissolved in water. It may be made thicker by the addition of a few bits of rubber."—*Journal of Applied Chemistry*.

A GENERAL MENDER.

Boil together in a porcelain vessel one pound of acetic acid and half a pound of isinglass. When it is dissolved it is ready

for use. It is said to mend wood, glass, leather, china and shoes.

CEMENT FOR MARBLE AND ALABASTER.

Portland cement, six pounds; slacked lime and fine sand, of each, three pounds; infusorial earth, one pound. Make it into a thick paste by the addition of silicate of soda. No heat is necessary. It sets in twenty-four hours. It is said to make almost invisible mending.

A USEFUL CEMENT.

Take six pounds of each, of sulphur and white lead; and borax, one pound. Thoroughly mix. When the cement of this composition is to be wet, it is wet with strong sulphuric acid. Much care must be used in handling this. When being used, a thin layer of it is placed between two pieces of iron, these being at once pressed together and confined. In five days it will be perfectly dried and the traces of cement will have disappeared, the work having the appearance of welding. This is said to be valuable for mending iron railings, iron gratings, gratings to stoves and railing tops.

CEMENT TO STOP THE LEAKS IN STOCK TROUGHS.

Take pure white lead and red lead, of each, equal parts; and water sufficient to mix to the consistence of putty. This makes a valuable cement, and is of value for many purposes for which a cement is needed. It may be used to stop the leaks in troughs, or any such use. It is water proof and is said to be steam proof.

A PASTE FOR VARIOUS LABELINGS.

A paste for various labelings that is said not to loosen off in damp cellars is made as follows: Make a paste of equal parts of glue and rye meal; remove it from the fire and stir into

a pint of it half an ounce of turpentine. By adding to the above half an ounce of oil varnish and one-fourth of an ounce of magnesia, it is much improved.

A PASTE FOR FANCY WORK.

A glue for attaching labels to glass, or fancy work, is made by dissolving gum tragacanth in water to the consistence of paste. Also, rice flour made into a paste by well cooking, makes a colorless paste for fancy work.

MISCELLANIES.

A bit of amusement serves a better purpose in some conditions, in effecting a cure, than medicines. Hence here is something to both attract and amuse for one so inclined.

The following salts introduced into the wick of a spirit lamp, the flames will assume the colors named. To introduce them into the wicks they may be mixed with spirits of wine.

Muriate of potash, pale violet; muriate of lime, bright red; muriate of strotia, bright crimson; muriate of baryta, pale apple green; muriate of lithia, bright red; muriate of copper, bluish green; muriate of borax, green.

Every thing in all nature presents some symbol or sign, of *itself*, a preamble exhibition, or a that something by which the character or essence of the being or thing, may be known, and though quite masked in some cases, yet it exists in a way. To more certainly designate, mark, or single out habits, to aid in this respect and in the human family, names and other symbols are chosen and presented. The following being a few of the curious, amusing or entertaining symbols or emblems of some countries: "The violet is said to be the choice of Greece; the chrysanthemum, of Japan; the narcissus, of China; the orchid, of Mexico; the cornflower, of Germany; the pomegranate, of Spain; the orange and tulip, of Holland; England has the

lovely rose; France, the fleur-de-lis; Saxony, the mignonette; Wales, the leek; Ireland, has its shamrock; Prussia, the shady linden; some of the Italian states, the white lily; the Guelders, the red lily, and Canada, the sugar maple."

Mix a solution of common salt, nitre, and alum, let it evaporate and watch the result.

Spectral Lamps.—"Mix common salt with spirits of wine in a metallic cup, set the cup upon a wire frame over a spirit lamp (which may be enclosed in a dark lantern), and when it becomes heated it will ignite and give out a yellow light." Salt of strotia, instead of common salt, will give a red light.

A roughish stick of wood immersed in a solution of alum as strong as can be made, let it remain a short time and it will be crystalized over. Also, threads of lamp-cotton or candle wick immersed in a solution of blue vitriol, and alum water strong as can be made, will crystalize blue. The result is attractive.

Powdered tumeric added to hot alum water will give bright yellow crystals; litmus, will give a bright red; logwood will yield purple; and common writing ink, black crystals. Keeping water near these crystals prevents them from breaking.

Dissolve camphor gum in spirits of wine, moderately heated, till it will dissolve no more; pour some of it into a cold glass and it will immediately crystalize into a beautiful tree-like form that looks quite pretty.

Mix one-half of an ounce of nitric acid, six drachms of muriatic acid and two ounces of water; pour this upon a piece of tin plate previously heated. A crystalized feathery surface will appear. A tin box may be decorated in this way.

Writing with a solution of sulphate of iron, the letters will be invisible. Brush over with a feather or sponge dipped in a solution of nut-galls, and the letters are visible.

A strong solution of nitrate of silver, will dissolve silver and zinc.

A few drops of tea added to a solution of sulphate of iron, the color becomes a blue black.

Litharge and glycerine make a water-proof cement. It will mend iron, fill cracks and crevices, and resist hot water, it is said. Wood-ashes added to it will strengthen it.

TO CLEAN BRASS.

The old-time method of cleaning brass was first to wash the articles in strong soap suds and then polish with newspaper or a woolen fabric, or rub the article with moist wood ashes and polish with paper. The results were satisfactory, but it required persevering work, yet the method was inexpensive and the articles were not in any way dangerous. The following must be applied with a mop and kept out of the way of children. After removing grease and dirt with soap and water, the following applied gives a brilliant color: Take one part nitric acid and half as much sulphuric acid and mix in a jar with as much water as the bulk of both; dip a mop into this preparation and then into saw dust and rub the brass articles desired cleaned. Much care must be exercised in handling. This is poison.

Sulphuric acid, one part; bichromate of potassa, one-half as much; and as much water as the bulk of both of the other articles. Mix and apply with a mop. This cleans the very dirtiest brass. This is poison.

Stair rods, brass or iron fenders, or brass door knobs, may be quickly cleaned with whiting and ammonia.

TO CLEAN RUSTED STEEL.

Rusted steel may have the rust removed by immersing the part or article in coal oil, or wrapping the article in a woolen cloth that has been well moistened with coal oil, and let remain for twenty-four hours, then remove, dry and polish with chalk or wood ashes.

TO DESTROY INSECTS ON PLANTS.

It is said that the juice of tomato plants sprayed or sprinkled on plants will destroy the insects on them. Insects in a hot house may be destroyed by evaporating tobacco water in the hot house without injury to the plants.

ANOTHER TREATMENT TO DESTROY INSECTS.

The dust of coal ashes sprinkled about cabbage, cucumber vines, currant bushes, and pumpkin vines will destroy bugs and other insects.

TO DESTROY CATERPILLARS.

The burning of sulphur under the caterpillars' nest will destroy them. This is but little trouble for a good result.

TO COLLECT INSECTS FROM BUSHES AND TREES.

A woolen rag thrown into currant bushes, and also in various places in trees, will become the gathering place of many insects, which may then be burned. Copperas water, a pound of copperas to eight gallons of water, has been used to spray on currant bushes and trees to destroy insects.

It is said that saltpetre, a tablespoonful to a gallon of water, sprayed or sprinkled over plants will also destroy plant insects.

A CHEAP ICE HOUSE.

A cheap and serviceable ice house, and one that most any farmer may have with but little trouble, may be made by building a bin, about as you would a wheat bin; then place on the floor two feet thickness of sawdust, stack the squares of ice in the center leaving two feet space all around it and at the top; now fill all this space with saw dust, and you can have ice cream frequently.

PERFUME FOR THE BATH, HOME MADE.

Take rose leaves, the petals, and sweet-scented geranium leaves sufficient to pack a jar half full; pour over this enough glycerine to cover; close the jar and allow to stand for two weeks, when it is ready for use. A little of this perfumed glycerine added to the rinsing water used for the hands and face leaves an agreeable odor. Sufficient may be used for rinsing the entire surface of the body.

POLISH FOR IRON FENCES.

The following polish blacking for iron fences, and various iron articles that are exposed to weather and wear, is cheap, and any person can apply it, and it leaves more pleasing views than rusts and weather-beaten surfaces. The preparation is said to stand washing and heat. Take turpentine, sufficient quantity for coating the article desired, and add sulphuric acid, drop by drop, constantly stirring it in, till a syrupy precipitate is formed, and no more of it appears by the addition of more acid; then pour on water and stir it well, turn the water off, pour on more water and stir again, continuing this till the water turned off exhibits no more acid reaction, as shown when tested by litmus paper; then place the polish in position to drain away the surplus water, when it will be ready for

use. Apply it with a brush, and expose the article to heat to dry in or burn in the polish. Remove it and when it is cool sufficient to handle, rub well over the black polish with linseed oil.

LIQUID GRAFTING WAX.

Melt together one ounce of beef tallow and a pound of white resin, remove from the fire and when cool add half a pint of alcohol, stir it well and bottle it for use. This is said to be a good grafting wax.

GRAFTING WAX SAID TO KEEP FOR YEARS.

Melt together resin, four pounds; bees-wax and tallow, of each one pound. Stir well while melting to thoroughly mix. Remove from the fire and work it a little. It may be used at once if desired.

FOR WAGON COVERS AND TENTS.

Almost any of the good paints that are used for outside painting may be used for painting wagon covers, tents, and various utilities of canvas.

CUTTING GLASS.

It is said that any hard tool will cut glass if it is kept wet with camphorated turpentine. Window glass can be cut with a file if it is kept wet with spirits of turpentine. The writer has effected the same.

SEALING WAX FOR BOTTLING MEDICINES AND OTHER THINGS.

Melt together one and a fourth pounds of resin, two ounces of lard, and one ounce of bees-wax. It is now ready for use. It may be colored, if preferred, with a little vermilion.

FOR DESTROYING INSECTS ON PLANTS.

Add tobacco to water, and let it stand all night, then spray it or sprinkle it over the plants that have the little green lice upon them. This will destroy them, especially those upon the rose bushes.

CLEANING RUSTY INSTRUMENTS.

"Fill a suitable vessel with a saturated solution of chloride of tin in distilled water, immerse the rusty instruments in it, and let remain over night. Rub the instruments dry with chamois after rinsing in running water, and they will be of a bright silvery whiteness."—*The Jour. of the British Dental Association*, by Brodie.

A STICKING SUBSTANCE FOR LABELS.

Take dextrine, two parts; acetic acid, one part; water, five parts; alcohol, one pint. Mix and it is ready for use. It may also be used for stamps.

TO MEND GLASS.

To mend glass that has been broken, apply to the broken edges sodium silicate (liquid glass), press the edges firmly together, confine in place, and let remain for twelve hours when it will be found mended firmly. It is transparent and inexpensive.

TO BLEACH BONES AND IVORY.

One way of bleaching and disinfecting bones and ivory is to immerse them in turpentine. They must be placed in an earthen ware vessel, and the articles held from the bottom by means of pieces of zinc, and permitted to remain for five or six days.

TO RESTORE RUBBER BANDS.

"Old rubber bands and tubings may be restored to former elasticity, by allowing them to remain immersed in aqua ammonia, one part, and water, two parts, for half an hour."—*Med. Brief.*

INDICATIONS FOR WEATHER CHANGES.

"The nearer the time of the moon's changes, the first quarter and the last quarter, is to *midnight*, the fairer will be the weather for the next seven days. The space for this calculation occupies from ten before midnight till two next morning. The nearer to *mid-day* these phases of the moon happen, the more foul or wet weather may be expected for the next seven days. The space for this calculation occupies from ten in the forenoon till two in the afternoon."—*Brit. Nat. Med. Exchange.*

WAX FOR INLAID FLOORS.

One pound of granulated or crumbled up soap (Kirk's); three pounds of Japan wax, and twenty pounds of soft water. Mix and boil till of the consistence of thin paste, when it is ready for use. It is not sticky.

A RED POLISH FOR FLOORS.

Take red aniline, forty grains; spirits of turpentine, three quarts; mix; add six ounces of each, of resin and gum shellac, to a quart and a half of alcohol, and let it stand for two days; then mix this with the other ingredients, when it is ready for use.

A USE FOR OLD BRUSSELS CARPETS.

It is said that old Brussels carpets may be utilized in the house economy by converting them into oil cloths for the kitchen floor. This is done by tacking the carpet smoothly upon the

floor so it cannot wrinkle, and then applying several coats of paint, and following this with shellac.

DRESSING FOR RUSSET SHOES.

Take oil of turpentine, twenty ounces; yellow wax, nine ounces; soap (Kirk's), a common sized bar; and boiling water, twenty ounces. Mix. It may be colored by safflower being boiled in the water before it is mixed with the other ingredients. Oxalic acid added to the safflower darkens its color. Any shade of aniline colors may be used for the coloring.

ARTIFICIAL HONEY.

To ten pounds of very thick syrup add three tablespoonfuls of pulverized alum, or cream of tartar, permit it to boil up and skim it. Remove from the fire and when cool add two pounds of bees' honey, five drops of essence of peppermint and and twenty drops of oil of roses. Thoroughly mix.

GLOSSARY.

Abdomen, the part between the diaphragm and the commencement of the pelvis. It contains the stomach and other viscera.

Abdominal Cavity, the hollow space included in the belly.

Abdominal Viscera, all the organs really contained in the abdominal cavity, as the stomach, spleen, liver, kidneys, intestines.

Abnormal, unhealthy; not natural.

Abscess, a cavity containing pus.

Acme, the height of the disease.

Acute, severe; violent.

Administer, to prepare and give medicine or food.

Adipocere, a substance resembling fat and wax, or spermaceti; the result of decomposition, degeneration, death of structure.

Alvine, relating to the intestines.

Antidote, a medicine given to destroy a morbid cause.

Antiseptic, a preventer of putrefaction.

Anus, a circle; the fundament, or lower extremity of the bowel; also, a foramen in the brain.

Aorta, the largest or great artery of the body; the principle arteries of the body arise from it.

Apparatus, a collection of organs that determine to effect the same result.

Aromatic, having a pleasant odor, or taste; sweet scented; spiced.

Aspect, the appearance of the features, or the whole body; the condition, or situation of.

Augmenting, increasing.

Auricle, a term applied to the upper cavities of the heart; also to the external ear.

Axilla, the armpit.

Biliary Affections, diseases due to some morbid condition of the bile, as deficient, perversion, excess; generally applied to diseases of the liver, kidneys and digestion.

Borborygm, rumbling in the bowels, due to a morbid accumulation of gas.

Bronchial Tubes, the tubes which convey the air to the lungs.

Bronchitis, inflammation of the bronchial tubes.

Calculi, mineral substances, as lime, stone, gravel; it may be found in the fluid circulations, either in the reparative or nutritive fluids, or in the excretive or waste fluids; occasionally a morbid deposit may manifest in the bladder or kidneys, but rarely.

Capillaries, a term applied to the smallest blood vessels and nerves.

Capsicum, red pepper.

Caries, ulcerated or ulcerating bone.

Cartilage, gristle attached to the ends of bones.

Cellular Tissue, tissue composed of cells, and which constitute the fundamental element of all the organs of the body.

Cervex Uteri, the neck of the womb.

Chancre, a syphilitic ulcer.

Coma, profound stupor, or sleep.

Condyle, a knob, or projection.

Congenital, existing at birth.

Congestion, distention of vessels and parts by engorgement, as a morbid accumulation of blood or fluids in some part, or undue accumulation of matters within the bowels; the condition is accompanied by more or less oppression and depression.

Conjunctivia, the external coat of the eye globe or ball; also the lining of the eyelids.

Conjunctivitis, an inflammation of the conjunctivia.

Constipation, inactivity of the excretions from the bowels.

Contagious, that which is capable of communicating disease by direct or indirect contact.

Convalescing, returning to health.

Crisis, the height, or turning point of a disease.

Debilitated, weakened, or enfeebled.

Debris, the gross, worn-out, and useless materials of the bodily economy.

Decomposition, putrefaction.

Degeneracy, as used in this work, a declining in health; increasing destruction or death of the body or part, and deficiency of the repairative processes.

Degeneration, the condition of decline; deterioration.

Dejections, the stools; discharges from the bowels.

Detritus, the worn-out, dead, and useless materials of the body.

Diathesis, any particular morbid peculiarity of the constitution.

Disinfect, to cleanse, to purify.

Distention, the condition of being swelled, or stretched out.

Economy, the system's regulation, distribution, adaptation, and uses of parts.

Eczema, an eruption on the surface of the body.

Effete Matters, worn-out matters or materials; substances which have been used and with the excess are cast off, being of no more value in the bodily economy, and are called effete materials.

Effluvia, emanations from diseased bodies, as well as all other bodies.

Eliminate, to remove; to discharge, or throw out or off.

Elimination, expelling; discharging; excreting.

Emaciation, becoming lean or thin in flesh.

Eradicate, to eliminate; to root out or destroy.

Eruption, breaking out of rashes, pimples, etc., on the skin.

Excoriate, to irritate, wear or rub the skin off; to gall.

Excretion, this has reference to the expulsion of worn-out matters or materials and matters no longer wanted in the system.

Excretory, having the quality of excreting or throwing off matters; vessels, organs or ducts for discharges.

Exhalation, emanation; also the passing out of air from the lungs.

Exhibit, to show; to manifest; to appear.

Exudation, the act of oozing, flowing, or being discharged by force.

Expulsion, the act of expelling or removing.

Facilitate, to render less difficult; to lessen the labor of.

Fatty Degeneration, a condition of degeneracy or decline; a relapsing into feebler and feebler condition of life, exhibiting various grades and degrees in various parts of the body, most generally in the entire body. This is associated with all types and severities of disease to some extent.

Fauces, the back part of the mouth or top of the throat.

Feces, the discharges from the bowels.

Feculent, filthy; full of dregs; like the feces.

Fetid, offensive; bad smelling; disagreeable.

Fetus, a term applied to the child while yet in the womb.

Flaccid, soft; pliable; relaxed; having no resistance; flimsy; limber.

Flatulence, affected with an accumulation of gas in the alimentary canal.

Follicles, little bags, sacs or folds.

Function, the peculiar or appointed office or action of an organ or part in the animal economy.

Gastric, belonging to the stomach.

Glands, soft, roundish bodies in various parts of the body; they secrete different matters, according to the situation and function.

Granulated, exhibiting granulations.

Granulations, the appearance upon the surface, or the filling up of a wound, sore or ulcer by small conical, red, fleshy formations or elevations.

Hallucination, a morbid condition of the mind; a depraved imagination.

Hemorrhage, a flow of blood; bleeding; flooding.

Hepatic, pertaining to, or belonging to the liver.

Hygiene, the science of the preservation of the health.

Incontinence, inability to hold the discharges. Also unchaste or lewd.

Inflammation, a morbid condition of a part attended with heat, redness, pain and swelling.

Inoculate, to communicate a disease by ingrafting or inserting some of its virus into the skin or body so that it may extend throughout the system.

Intense, in the highest degree.

Interstitial, between the pores, interstices, or cells of the organs or parts.

Intestines, the bowels.

Intoxication, drunkenness.

Inversion, turning inside out; tilting over.

Lassitude, heaviness, dullness and weakness of body or mind; it may be due to disease, exhaustion from labor, or other means.

Ligament, an elastic tendon or cord.

Local, a manifestation of disease in some special part.

Lochia, the cleansing discharge from the womb after child-birth.

Lotion, a preparation for external application in fluid form; a wash.

Lymph, a thin whitish fluid in the lymphatics.

Lumbago, a name given a manifestation of ailment indicated by pain in the loins.

Mammary Gland, the female breast.

Maturation, ready to discharge matter; having ripened; developed; come to a head as a boil.

Meconium, the first feces of the infant.

Membraneous, having the texture of a membrane, or thin skin.

Menses, the monthly flow; usually applied to the flow of the female.

Morbid, diseased; unhealthy.

Muco-pus, partaking of the character of mucus and pus.

Mucus, a discharge from any mucous surface, as from the nose during a cold.

Narcotics, medicines that stupefy or deaden.

Nasal, pertaining to the nose.

Nauseated, made sick at the stomach.

Neutralize, to render inert or inactive.

Obesity, fatness.

Os Uteri, the mouth of the womb.

Ossified, changed or formed into bone.

Ovaries, the female testes; two oval bodies appended to the uterus and found in the broad ligaments at the fimbriated extremities of the fallopian tubes.

Palliative, a treatment or remedy that lessens the severity of a diseased condition.

Paroxysm, a fit of disease appearing at periods, and may be regular or irregular.

Parturient, bringing forth, or about to bring forth young.

Pathological, pertaining to pathology.

Pathology, that department of medicine that treats upon the knowledge of disease.

Pelvis, the large bony cavity of the lower part of the body; it contains the lower part of the bowels, womb, bladder, vagina, rectum, etc.

Pelvis of the Kidney, a small cavity or sac in the back part of the fissure of the kidney.

Pervert, to turn from its proper purpose; to distort from its true use or end.

Percussion, striking over parts to ascertain their condition by the peculiar sound produced thereby. It is very misleading.

Perinæum, the part between the rectum and the organs of generation.

Periodicity, the tendency of symptoms to return at longer or shorter intervals and may be regular or irregular.

Periosteum, a thin membrane covering the bones; when this membrane becomes inflamed the condition is called *periostitis*.

Peristaltic, the involuntary, worm-like movements of the bowels are so called.

Peritoneum, also called peritoneal coat, is a serous membrane lining the abdomen and covering most of the several organs contained in it.

Peritonitis, inflammation of the peritoneum.

Perspiration, sweat.

Pharmaceutical, pertaining to the preparation of medicines.

Pharynx, the fauces, top of the gullet and windpipe.

Physiology, that department of knowledge which relates to the laws of life and the functions of living beings.

Pleura, the serous lining of the thorax, and the covering of the thoracic viscera.

Premonitory Symptoms, the first symptoms indicating approaching disease, or sickness.

Puberty, the age in which one is capable of begetting, or of bearing children.

Puerperal, related to, or connected with the ordeal of childbirth.

Pulmonary, belonging to, or pertaining to the lungs.

Pulse, the beating of the heart and the arteries; the beating of the arteries is generally most conveniently felt at the wrist.

Purulent composed of, or containing pus.

Pus, decomposed matter; usually yellowish-white in color.

Pustules, pimples containing pus.

Putrescency, decomposition; rottenness; offensiveness.

Re-absorption, absorbing again in the system that which has been secreted or excreted.

Recession, striking in; retreating.

Rectum, the lower bowel or intestine.

Recumbent position, lying down; reclining.

Reduction, (in surgery,) adjusting a dislocation or fracture, and replacing a hernia.

Reproduction, the capability which organized beings have of producing other beings of the same character or species as themselves.

Reproductive Organs, the organs or parts necessary to the reproduction of the species.

Respiration, the act of breathing; inspiration and aspiration.

Rigors, great coldness with shiverings.

Sacrum, posterior bone of the pelvis, sustaining the spinal column.

Saliva, the transparent liquid secreted by the parotid, submaxillary and sub-lingual glands; the spittle.

Sanguinous, bloody.

Sebaceous Glands, also called Sebaceous Follicles, small glands or sacs in the skin which secrete a fatty or sebaceous matter.

Secretion, the act of secreting; separation of the various fluids or matters from the blood (or various organs), as the bile from the liver, the spittle from the mouth, the milk from the breast, etc.

Secretory Organs, those organs the function of which is secretion of materials, as the liver, the glands of the mouth, the glands of the breast, etc.

Sedation, quieting; diminishing increased action.

Secundines, placenta and membranes.

Serous Tissue, membranes of the body which secrete serum; they line cavities.

Serum, the thin, watery part of the blood.

Slough, the discharges from a foul sore; the part that separates from the living in decomposition.

Sphincter, a muscle which surrounds certain openings of the body, closing them by its contractions.

Sternum, the breast bone.

Stools, the evacuations from the bowels.

Suppurate, to discharge pus or matter.

Sympathetic, the influence which one organ exerts upon another; when a healthy organ is affected or deranged in its condition or function by the reflection of a diseased organ, as when headache is consequent from a sour or deranged stomach.

Temperature, the degree of heat or cold.

Tenacious, sticky; cohesive; obstinate.

Therapeutics, knowledge relating to the curative action of medicines.

Tissues, the materials of organized parts of the body, as flesh beneath the skin is cellular tissue; the bone is composed of bone tissue, etc.

Tonicity, imparting, or having tone or strength.

Tremors, involuntary shakings or tremblings.

Tubercle, a name given to a condition of degeneracy, as tumors. They are usually of slow progress, and may manifest in any part of the body.

Typhoid, a name given to a feeble and greatly depressed condition of the general system, accompanying more or less all conditions of disease; a condition in which degeneracy is rapid and reparation very feeble, and decreasing.

Umbilicus, the navel.

Urea, the organic principle of the urine.

Ureters, the long tubes which convey the urine from the kidneys to the bladder.

Urethra, the canal through which the urine is conveyed from the bladder and discharged from the body.

Uric Acid, an acid which is common to human urine.

Vaccinate, to insert pus under the skin, (usually presumed to be the pus from cow pox,) with the presumption of preventing or modifying disease, but it in reality poisons the blood and develops serious disease, permanently injurious, frequently fatal.

Vagina, the passage from the womb to the external part.

Varicose Veins, veins affected with a morbid dilation or enlargement in which exhibit soft, knotty, and purplish tumors.

Venereal, pertaining to sexual intercourse.

Venom, natural poison.

Vertebræ, the bones which form the backbone or spinal column.

Vertigo, dizziness.

Vesicate, to blister.

Vesicles, little blisters or bladders.

Vitiated, corrupted; deteriorated; impaired.

Voracious, over-eating; greedy; rapacious.

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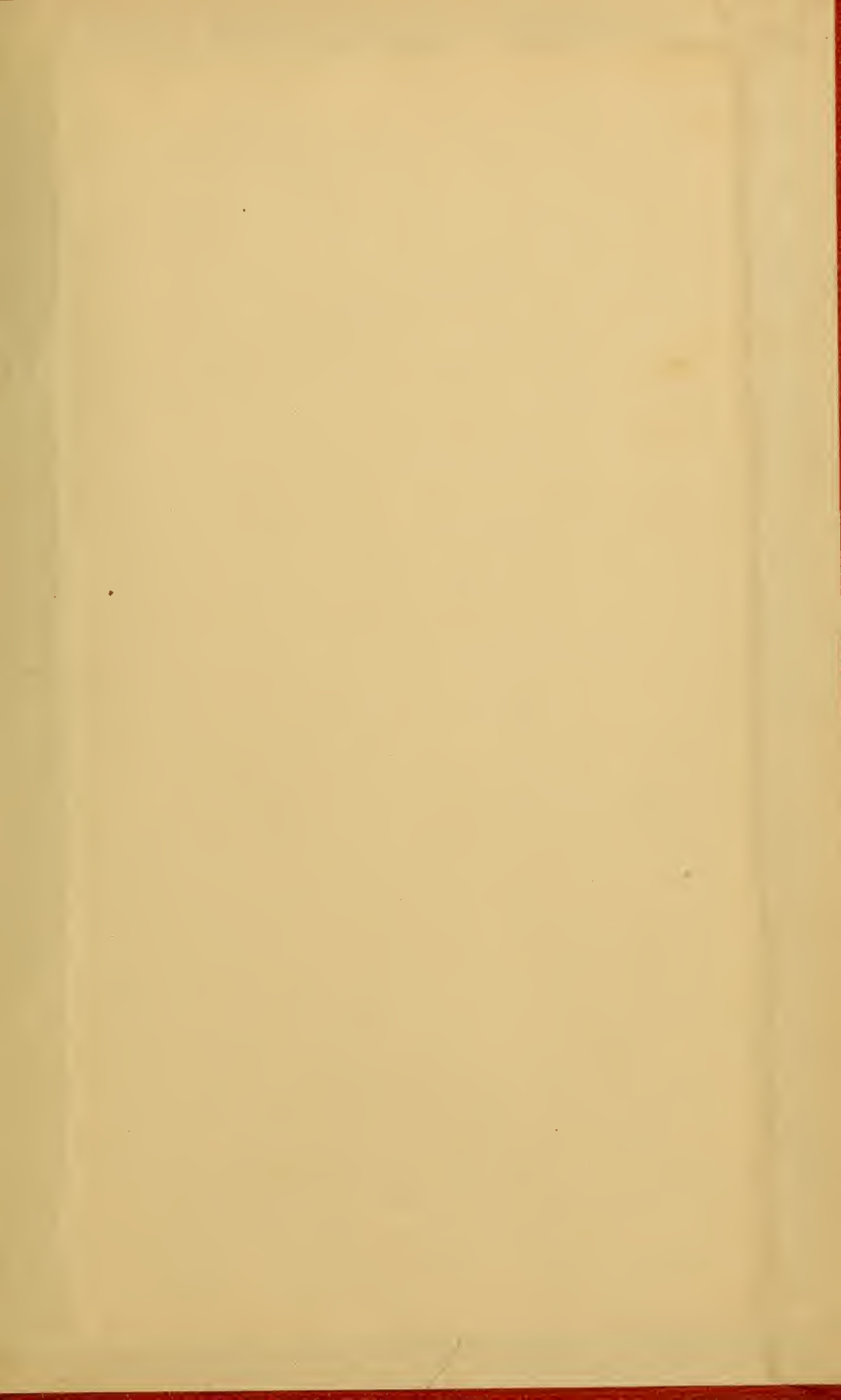
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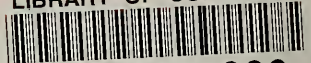
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